

Mayra Rosner Owner, Club Pilates

Mayra is the owner of Club Pilates Doylestown/Newtown. She has been practicing and teaching Pilates for over 15 years. Her certification include a comprehensive Pilates training from the NYC PhysicalMind Institute. She is also certified as a TRX and Barre instructor.

She opened her 2 studios because she wanted to share her passion for Pilates with everybody no matter their age, fitness level or lifestyle.

She is a Buckingham Township resident. Her former career was as a School Administrator and Special Education Teacher in NYC, Boston and NJ. She is a proud mother of 2 boys, 18 and 15. Her hobbies include running, skiing, reading, gardening, hiking and of course doing Pilates.

Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs. Mat Pilates is based on the original exercises Joseph Pilates developed to strengthen his own body as a very young man and then began teaching others. The Mat work came before any of the Pilates Apparatus (equipment) he developed. It includes over 500 exercises and can be practiced anywhere. Mat Pilates can be modified for any body, or fitness level.

Learn more about Club Pilates by checking out their website - www.clubpilates.com/location/doylestown