



FIND YOUR  
BALANCE.



MIND BODY STUDIO  
— at the Salem YMCA

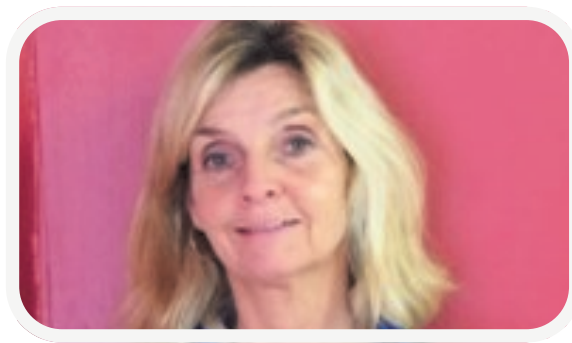
FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BETH**

Yoga Instructor

[www.northshoreymca.org](http://www.northshoreymca.org)

## BETH



A chance workshop during certification training introduced Schultz to mat instruction. She has now been instructing "Intro to Pilates" for 5 years. Seventeen years as a group Exercise Instructor, competitive runner and personal trainer, Pilates offers a departure. Intro to Pilates (or Pilates 101) is a class sensitive to athletes with limits or injuries. The class is even paced with a primary focus on core integrity and core development. As an instructor and athlete, Schultz practices Pilates as a necessary component to a complete fitness regimen.

