

About Your In-Home Sessions

- before your appointment, we will talk on the phone about your individual needs and specific goals
- during your first session, I will teach you the Fundamentals of Pilates and observe your movement in order to assess your strengths and limitations
- I will then prepare a Pilates-based workout program to restore your body to its most efficient, comfortable, and strengthened shape
- the focus of your next sessions will be on bringing your body into a balanced state of power and rest

Pilates is an investment in your long-term health and well-being. You will see and feel the difference in your body in only a few sessions.

contact Nicola for an appointment
(917) 597 - 5057
nicolajoy@gmail.com

Rates

- first session - \$50
- second session and thereafter - \$80
- duet - \$50 per person
- discounts on packages for multiple sessions

Introductory Special

complimentary first session with purchase of second session (\$80 total)

Student / Senior Special

complimentary session with each purchase of 10-session package

all sessions are 55 minutes long

available early mornings to evenings, every day of the week

gift certificates available

please contact Nicola with any further questions regarding services, payment, and availability

liability insurance coverage through Philadelphia Insurance Companies

In-Home Pilates

look better

move stronger

feel healthier

Nicola Bullock

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serving Chapel Hill and

Durham

About Pilates

Joseph Pilates

Joseph Pilates developed a comprehensive system of over 500 exercises that work all the muscles in the body. All movements initiate from the “Powerhouse” (the core): the abdomen, lower back, and buttocks.



Joseph Pilates explaining one of his apparatuses

Pilates is a non-impact, total body workout that emphasizes stretching and strengthening the core muscles. The benefits of Pilates include:

- improved strength
- greater flexibility
- refined coordination
- better posture
- pain-free, confident movement
- feeling great in your body!

About the Instructor

Nicola Bullock

Certified through The Kane School of Core Integration – Mat and Apparatus training

When I discovered Pilates in 2001, I was amazed at how quickly my balance, flexibility, strength, and coordination improved. Inspired by the changes in my body, I decided to pursue my Teaching Certification through The Kane School of Core Integration, one of the most distinguished training institutes in the country. I taught at several leading NYC Pilates Studios before moving back to the Triangle in early Fall 2009. I have worked with the young, aged, healthy, recovering, active, idle, prenatal, postnatal, experienced, and inexperienced.

Teaching Philosophy

I teach because I love meeting people, working with bodies, and sharing the joy of movement. I believe passionately that the best way to feel better and improve our lives is through empowered and supported movement. My teaching style combines classical Pilates repertory with a contemporary understanding of anatomy, biomechanics, and an individual's needs.

In order to give my client the best possible session for his/her body, I incorporate other movement studies into my teaching. These include: modern dance, yoga, Gyrokinesis, the Alexander Technique, Feldenkrais, and the Klein Technique.

Professional References

Nicola has superior knowledge of the Pilates method, of anatomy, and of how to convey both to a wide array of clients. As a teacher she is passionate and dedicated. I highly recommend her.

- Erika Bloom
owner, *Erika Bloom Pilates Plus*, NYC

Your classes have a life to them, a spark. . .

- Kathleen Gerber, client

After working out with Nicola I was invigorated and ready to tackle the day. I had taken Pilates for years prior to working with Nicola and her approach to Pilates is both refreshing and therapeutic.

- Asha Richards, client



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