



Spring Spruce-Up

Business Profile

Perfect Fit Pilates

by Erica Brown

Looking for a workout that is easy on your joints, yet increases your strength by focusing on your core and overall flexibility? If this sounds good to you, visit Perfect Fit Pilates at 85 Main Street in Hopkinton.

Owner and instructor, Judy Malcolm, opened Perfect Fit Pilates in February of 2011 in Southborough and then moved to Hopkinton in February 2015. A long time yogi, Malcolm discovered Pilates while searching for another exercise modality while she cared for her mother.

"I had trouble with body mechanics, particularly my knees, and found Pilates helped get my body in the right place the same way yoga helped get my head in the right place," said Malcolm.

Malcolm has incorporated her own sense of physical discovery in how Perfect Fit Pilates operates. "We typically have private, duet and trio classes, but instead of having a scheduled class time, students suggest when is best for them and we attempt to accommodate their needs. It might be more work for me, but it works best for my clients," said Malcolm.



"It fills the gap for me," said Lisa Campion, a client and Reiki instructor at Perfect Fit Pilates. "I used to be a gym rat, but that took a serious toll on my knees. I can get a complete work out here without the pain." Perfect Fit Pilates offers many training techniques depending on the needs of their clients. They specialize in:

Pilates - Trained instructors guide clients using state of the art Pilates equipment to perform exercises which cover a wide range of functional movements with the goal of maximizing core strength and flexibility. During each session, the instructor guides students through a variety of Pilates exercises incorporating mat, reformer and tower work. Equipment instructors are trained as specialists in



Pilates for Neurological Conditions.

Fascial Stretch Therapy™ - Used by professional and serious athletes alike, FST™ is an assisted stretch done on a massage table with the client fully clothed. Fascia is a network of collagen all through your body, surrounding and weaving through muscle and bone. FST™ works to decompress your joints and stretch your fascia from your toes to your fingertips and to the tip of your head. Malcolm is Certified Level 3 Fascial Stretch Specialist (CFSS), LifeStretch™ Instructor, and currently the only Level three CFSS in Massachusetts.

During the interview for this business profile, Malcolm provided me with a demonstration of FST™. As a writer, I often suffer from back and neck pain. As an athlete, I encounter on and off knee pain. After a 10-minute demonstration of FST™, my neck, back, and knee pain was completely alleviated. A Hopkinton Independent Business Profile first!

By increasing joint space, eliminating trigger points, and improves muscle activation and relaxation, FST™ therapy would be a perfect pre or post-race stretch for B.A.A. Boston Marathon participants.

Mat Pilates, Yoga, Group Stretching - Conducted in a room with a cushioned floor, these classes are capped at six to eight participants to ensure each student receives personalized instruction. Instructors work with students at each level, offering modifications and options as the class progresses.

Malcolm is offering a new client special for Pilates and Fascial Stretch Therapy. For \$99, new clients get two private 55-Minute sessions in Pilates, Stretch or one of each. Perfect for marathon runners and spectators!

Visit www.perfect-fit-pilates.com to schedule an appointment. Call or email Malcolm for more information at 508-948-0568 info@perfect-fit-pilates.com.



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