



Loralee VanVleet

Pilates Reformer Instructor

Professional Qualifications:

- Pilates Trained, Balanced Body University:
 - Mat 1 and 2 Module
- Pilates Reformer Trained, Balanced Body University:
 - Reformer 1, 2, & 3 and Movement Principles

Professional Specialty:

- Core Training
- Posture Specialist
- Pilates Power - Walking

Lake Forest Health & Fitness Center

pilates
847.535.7103