



Deb Valenti

Pilates Reformer Instructor

Professional Qualifications:

- Qualified Instructor and Trained, Balanced Body University:
 - Comprehensive Pilates

Continuing Education:

- Anatomy in Clay
- BBU – Ring Around the World
- BBU – Rolling for Length, Rolling for Strength
- BBU – Resist & Reform with Elastic Bands

Professional Specialty:

- Core Training
- Integration of Pilates into Traditional Workout Regimens

Lake Forest Health & Fitness Center

pilates
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