



# Lorie Brown

Pilates Reformer Instructor

## Professional Qualifications:

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

## Continuing Education:

- Anatomy in Clay
- BBU - Ring Around the World

## Professional Specialty:

- Flexibility Training
- Strength and Conditioning

Lake Forest Health & Fitness Center

**pilates**  
847.535.7103