



Rachel Ciocchetti

Pilates Coordinator

Professional Qualifications:

- Pilates Reformer Certified:
 - Physical Mind Institute of New York

Continuing Education:

- Pilates for Serious Spinal Diagnoses
- Advanced Mat
- Scoliosis
- Sequencing Reformer Groups
- Reformer Choreography

Professional Specialty:

- Core Training
- Rehab Integration
- Special Needs

Lake Forest Health & Fitness Center

pilates
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