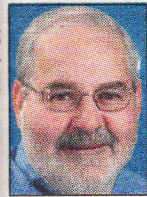




@syracuse.com



@syracuse.com



@syracuse.com

@syracuse.com

news  
ndaga  
northern  
go to  
com/north

## NEWS PROFILE

# Alternative Fitness

## Yoga-Pilates teacher offers specialized classes for all fitness levels

Editorial assistant Brenda Duncan interviewed Valerie Patrick, a yoga and Pilates instructor who operates Fitness & Dance of Central New York in Cicero.

**Name:** Valerie Patrick

**Age:** 52

**Where do you live?** I live in Cicero.

**How long have you lived here?** About 14 years.

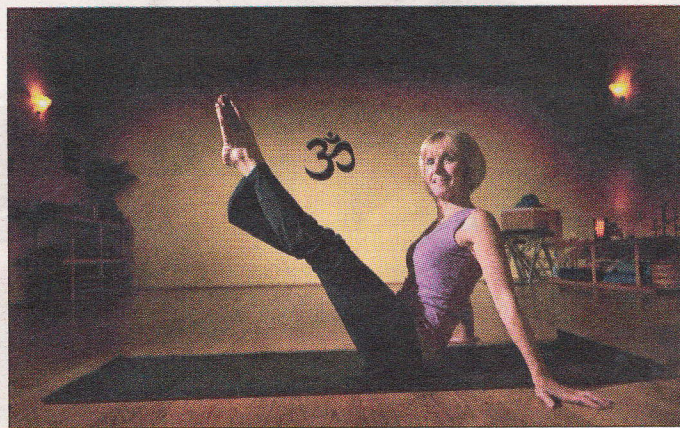
**Do you have a family?** Yes. I have a husband and a daughter.

**Educational background:** I was certified with Pilates through Power Pilates and Balance Body University. I've done my yoga training with Yogafit. I have more than 400 hours of training. I've trained in Boston, New York and Toronto.

**Occupation:** I'm the owner and director of Fitness & Dance of Central New York.

**How long have you been an instructor?** I've been teaching dance for 35 years. I've danced all my life, and I've been a Pilates and yoga instructor for six years.

**Why did you move from dance to yoga and Pilates?** As a lot of dancers age, they end up with injuries. I wasn't at that point, and when I found Pilates and yoga, I thought it felt like a natural transition. A lot of dancers do Pilates, and it was a safe way for me to keep working out. A lot of doctors and physical therapists recommend Pilates and yoga. I have a back condition from all of the years of overuse from dancing, so when I started doing Pilates — I had lived on Advil for years — I finally



John Berry / The Post-Standard

**VALERIE PATRICK**, of Cicero, is the owner of Fitness & Dance of Central New York, which opened its new location in Cicero on June 1.

found something that helped my back.

**Does your studio have unique features?** We have the Pilates reformer at the studio. It's an apparatus that works on a spring-and-cable system, and it has a movable platform to it. It's a total body workout. You're able to adjust the springs according to your level of fitness. You really work every part of your body on the reformer. I actually teach more private classes on the reformer than we have group classes. It's just for people who want that one-on-one training. It's really important when you're working out to know that you're working out safely. People like that they have a certified instructor bringing them through their workouts. We're one of the only studios in the area that has the reformer.

And our yoga studio is beautiful. Everything is brand new. It's calming and energizing at the same time.

We also have hot yoga, the room is almost 80 degrees. People love the hot yoga because your muscles are more pliable when they are warm. And a lot of people just like to sweat because it releases tox-

ins from the body. We also offer golf Pilates. It's a combination of Pilates and yoga that is really geared specifically to golfers. I've heard many comments that people feel that it has improved their game. We're going to be offering a team yoga and hopefully a kids' yoga class.

**What do you like best about your job?** Just that I'm passionate and I can help people achieve their goals. I work with a lot of people who have different issues. I love that when they come into class, I always ask people how they feel, and they say that they feel great. It just makes me happy that people, when they leave class, say they feel better than when they walked in. When I found Pilates, it helped me personally because of my back condition, and I've seen it help so many other people, too.

**What is the most challenging aspect?** Just to get the word out to people. It's amazing how many people just don't know what Pilates is. They think it's some kind of dance. And people don't know what yoga is, they think you just sit and chant. There are so many different types of yoga, and people just need to come

in an experience what they can do for them.

We also have Zumba classes. It's the hottest new thing now to get your cardio workout in, and it's a great way to lose weight. So just getting the word out to people for them to realize the benefits of just working out. I have people call up or e-mail me and say they want to try it, but they don't know what it is. I just tell people to come in and try it. I give people free class coupons all of the time just so they can come in and see what it's all about.

**Is there something you would like people to know?**

A lot of people don't realize that Pilates and yoga are a great cross-training tools for any type of sports. There are a lot of athletes that train in pilates and yoga. I worked with the SU crew team and the Cirque du Soleil training team. People are really starting to see the benefits of Pilates and yoga as a cross-training tool or something that stands alone as total-body conditioning.

**Would you like to recommend someone?**

Do you know someone who'd make an interesting Neighbors profile? Maybe it's the new choir director at your church, the lady down the street who collects teacups, the man who shovels his neighbors' sidewalks. Send your suggestions and a contact telephone number to Ralph Perkins, Neighbors Editor, The Post-Standard, PO Box 4915, Syracuse, 13221; or e-mail rperkins@syracuse.com.

### Try A Class

You can try any of the fitness classes listed at [cnyfitness.com](http://cnyfitness.com) for free. Just contact Patrick by e-mailing [cnyfitness@gmail.com](mailto:cnyfitness@gmail.com) or calling 699-8820.

CTUS

North  
Post-Standard,  
13221

syracuse.com  
ng: Patrick

70-0032  
customer

0