

NextStep Pilates:

A non-profit to provide Pilates lessons at no cost for injured service members and veterans at Studio Body Logic® in Virginia



Studio Body Logic®, Northern Virginia's first Authentic Pilates studio, founded NextStep Pilates in 2014 with a grant from the Alexandria, VA Rotary Club as well as generous community donations.

Mission

To provide Authentic Pilates at a free or need based sliding scale fee to military personnel and veterans who have been injured as a result of their service.

NextStep Pilates Program

The NextStep Pilates program includes a series of ten free one-on-one sessions with trained instructors followed by a careful assessment and additional one-on-one or group training on the mat as needed. Lessons are taught at Studio Body Logic studios in Alexandria and Arlington and designed to address veteran needs and challenges.

“I had the benefit of taking advantage of ten free sessions offered by Studio Body Logic® and can honestly say that the program along with the support and first-class treatment that the (SBL) staff offered was critical in me being able to redeploy to Afghanistan.”

-Damion D.

Why Veterans?

Created by Joseph Pilates, the Pilates Method is an exercise system focused on improving flexibility and strength for the total body. Joseph Pilates worked most of his life on developing and refining his exercise system and the principles governing it. Much of it was developed during a period of internment he suffered during World War I. He worked with minimal resources to help his fellow internees overcome the wounds of war and develop body and muscle strength. Today's returning veterans, especially those injured in the defense of our country, can greatly benefit from Joseph Pilates' programs.

Application Process

Studio Body Logic is accepting candidates for its 2017 NextStep Pilates program. Please email nextsteppilates@gmail.com for an application and more information.

Donations

Checks payable to NextStep Pilates may be sent to Studio Body Logic, 2417 Mt. Vernon Avenue, Alexandria, VA 22301. All donations are tax-deductible to the extent allowed by law under section 501 (c)(3) of the Internal Revenue Code, EIN 47-2300931.

“I’ve undergone three major surgeries in the past three years, and during that time I was forced to become more and more sedentary... My instructor quickly recognized my individual needs and tailored all of the lessons to assist me in redeveloping my core strength and regaining some flexibility.”

-Diana C.

NextStepPilates.org

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