

PILATES INSTRUCTOR

LIZ LUBKE

Degree and Certification:

- Bachelors of the Arts in Dance - University of Wisconsin Stevens Point
- Balanced Body Pilates Certified
- Pilates Method Alliance Certified Pilates Teacher

I love Pilates.

Beyond my Pilates training I have a background in movement. I have a BA in Dance from the University of Wisconsin-Stevens Point and I have taught at private dance studios for several years. I love to move and I love to dance. My first encounter with Pilates came as the result of a fairly severe dance injury. I visited several doctors and none of them could find a reasonable explanation for my pain. I began doing Pilates through the recommendation of a Professor and through regular practice, my pain disappeared completely.

I want to help other people experience what I have experienced through Pilates, a pain-free, healthier life. Pilates has allowed me to keep dancing while continually renewing my body. I love seeing my clients make breakthroughs and complete exercises with beautiful control that they at first thought impossible. Pilates has the power to transform not only one's body but one's mind as well. It is such a privilege to be a part of those transformations.

My husband and I moved to Fort Collins in May 2014 from Central Wisconsin. We love the city and all the new people we get to meet!

