

# **Bonnie Benesh**

**Exercise Physiologist  
Pilates Program Manager**

B.S. Degree in Health Sport Studies from the University of Iowa  
ACSM Certified Exercise Physiologist  
PMA Certified Pilates Teacher  
Balanced Body Pilates and Barre Master Instructor

To keep people moving to the best of their ability for as long as they can is my ultimate goal. Striving to help everyone find their movement potential no matter where they are in their life. Variety within movement is key and most important, having fun and enjoying all that our bodies are capable of doing.

"Concentrate on the correct movement each time you exercise, lest you do them improperly and thus lose all the physical benefits." ~Joseph Pilates