

## CITY NATIVE BRINGS PILATES TO OGDENSBURG COMMUNITY

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An Ogdensburg native has returned this summer to her roots to visit family and introduce Pilates exercise classes to the community.

Pilates instructor Susan M. McCadam Hoffman, now living in Delmar, taught an introductory class at Northern Physical Therapy and Wellness Center, 203 State St., on Monday. Mrs. Hoffman is looking for someone with an interest in teaching Pilates at the center.

Based on the reaction of her first class, Mrs. Hoffman said, she hopes people will return for the second class, from 10 to 11 a.m. Aug. 14. If enough people show interest, Mrs. Hoffman said, she will consider teaching more classes.

"We have a difficult time getting teachers for new exercise programs," said Joseph R. Longshore, physical therapist at Northern Physical Therapy and Wellness Center.

"It was a great class," said Mr. Longshore, who participated as a student. A total of 13 people came to the session, he said.

The Northern Physical Therapy and Wellness Center receives requests for yoga and Pilates classes every couple of weeks, Mr. Longshore said.

Pilates exercises focuses on the "core," Mrs. Hoffman said. The core consists of the abdominal, the lower back and the hip muscles. Most exercises are done while lying on a mat.

"They are vigorous and strenuous," Mrs. Hoffman said.

Pilates developed in the 1920s, but people interested in new age fitness often come to her classes, she said.

Mrs. Hoffman attended her first Pilates class four years ago in Albany.

"It was so energizing and so dynamic that I decided to pursue teaching it," she said.

The problem, Mrs. Hoffman said, is that there aren't enough teachers to meet the demand for Pilates.

"It would be good to have something like that," said personal trainer Richard F. Reynolds at Fitnessworks, 213 State St.

Once a week people ask him if Pilates classes are taught at Fitnessworks, said Mr. Reynolds.

Fitnessworks does not offer Pilates classes. Mr. Reynolds said he weight trains but is looking for yoga and Pilates classes in the area to take.

If a Pilates instructor walked in wanting a job, Fitnessworks co-owner Carl W. Bickel said, he would tell them, "Good luck."

Mr. Bickel is a personal trainer and a registered nurse.

"We can't seem to get one percent of the community to exercise in this gym," Mr. Bickel said. "You need a bigger market for Pilates. It's not a popular form of exercise here."

To become a Pilates instructor, "you must immerse it in your body for a while," said Mrs. Hoffman, who was certified last year. "It may take several months to a couple of years to move the way you need to move."

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