



pilates location

SNOHOMISH COUNTY

EVERGREEN PHYSICAL THERAPY CENTER & PILATES STUDIO
425-252-1642 · 425-258-1824 Fax



pilates

Pilates is an integrated system of exercise that involves the complete coordination of the mind, body, and spirit. It is a graceful fluid exercise routine that requires concentration, control, centering, precision, flowing movement, and breathing. The focus is on core strengthening of abdominal, scapular, pelvic and trunk musculature. The overall effects on the body are improved circulation, oxygenation, uniform development, balance and elongation, and decompression of the spine.

all other IRG locations

KING COUNTY

- EASTSIDE HAND THERAPY
425.823.1389 · 425.820.3996 Fax
- HIGHLANDS PHYSICAL THERAPY / ISSAQUAH
425-686-7654 · 425-341-9041 Fax
- PACIFIC HANDWORKS / BELLEVUE
425-827-5877 · 425-827-5843 Fax
- PACIFIC HANDWORKS / ISSAQUAH
425-392-4206 · 425-392-4209 Fax
- REDMOND RIDGE PHYSICAL THERAPY
425-836-1034 · 425-836-1037 Fax

SNOHOMISH COUNTY

- ARLINGTON PHYSICAL THERAPY
360-403-8250 · 360-403-0917 Fax
- EDMONDS HAND THERAPY
425-673-2673 · 425-673-2863 Fax
- EVERETT PHYSICAL THERAPY & SPORTS PERFORMANCE CENTER
425-252-3908 · 425-252-7940 Fax
- GRANITE FALLS PHYSICAL THERAPY
360-691-4835 · 360-691-2545 Fax
- MUKILTEO PHYSICAL THERAPY
425-349-9692 · 425-349-9694 Fax
- MURPHY'S CORNER PHYSICAL THERAPY / MILL CREEK
425-337-9556 · 425-357-9186 Fax
- PACIFIC AVENUE HAND THERAPY / EVERETT
425-374-2846 · 425-374-3272 Fax
- SILVER LAKE PHYSICAL THERAPY
425-337-3166 · 425-338-4596 Fax
- SNOHOMISH PHYSICAL THERAPY
360-568-7774 · 360-568-7779 Fax



INTEGRATED REHABILITATION GROUP
Physical and Hand Therapy Services
WWW.IRGPT.COM



locations

OUR APPROACH

As with all of our therapy and exercise programs, we value the importance of educating clients. We believe thorough education on all Pilates exercises and how to safely modify them for different body requirements will help clients realize better results. We use verbal, tactile, visual cues and imagery to keep the movements natural and connected. Our instructor is a Licensed Physical Therapist who has expanded her training to include Pilates. This combination of training and experience offers clients an optimal training approach.

EXERCISE PROGRAM

Every new client receives a comprehensive evaluation prior to initiating their Pilates exercise program. We offer all levels of Pilates workouts including mat routines and Reformer and Cadillac equipment. New clients start with private sessions. By working one-on-one with our Certified Instructor, clients will be introduced to the exercises and philosophy integral to the Pilates workout and how to modify them for their physical requirements. This includes use and relaxation of specific muscles and proper breathing techniques. All appointments are 55 minutes.

PRIVATE SESSIONS

Package	Cost per Session	Total
1 session	\$65	\$65
One-time Intro Package (4)	\$50	\$200
6 sessions	\$55	\$330
10 sessions	\$50	\$500
20 sessions	\$45	\$900

MAT SESSIONS

Package	Cost per Session	Total
1 Mat Class	\$15	\$15
10 Mat Classes	\$12	\$120



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Everett, WA 98203
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CERTIFIED INSTRUCTOR

TYRA MALMBORG-O'KELLEY, MPT
Certified Pilates Instructor & Physical Therapist

- Specialization in Manual Therapy, Aquatic Therapy, Industrial Rehabilitation, PCE's and Sports Medicine
- 18+ years of practicing outpatient physical therapy