

Transform your movement by increasing integrity, awareness and continuity as you move through daily activities.

Our focus is building balanced bodies by redeeming ill movement patterns. We restore and transform movement patterns.

Increase Spinal Mobility

Improve Posture

Increase Core Strength

Improve Balance and Coordination

Correct Pelvic Instability

Correct Structural and Muscular Imbalances

Improve Gait, Mobility and Foot Stability

Increase Body Awareness and Control

Improve Scapular Stability

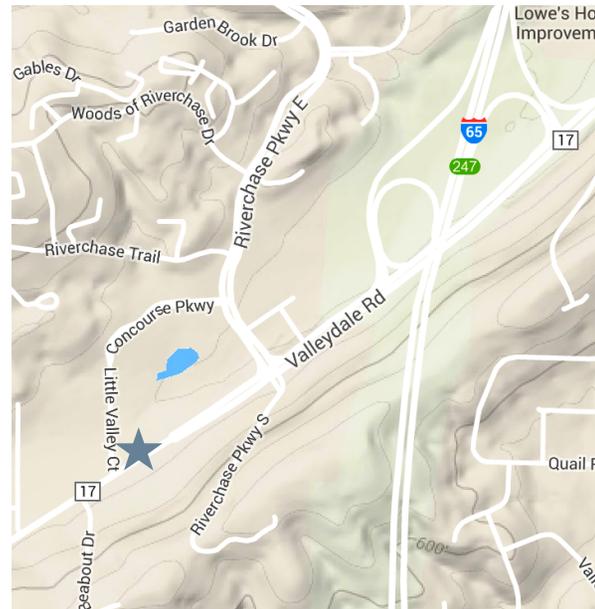
Increase Muscular Endurance

Improve Mind Body Connection



100 Little Valley Court

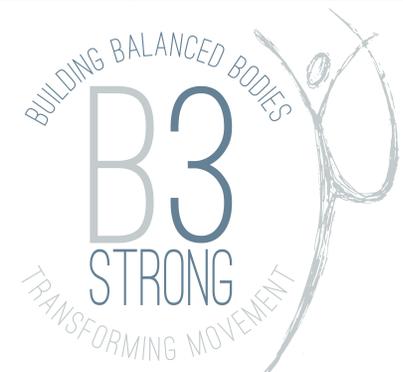
Located on Valleydale Road just west of the I-65 interchange heading towards HWY 31. We are in the lower level of the 2074 Paradocs building that faces Valleydale Road.



Conveniently co-located with:



GODSPEED



B3STRONG.COM
205.601.0077



Our studio is equipped to give you a unique experience. We utilize a combination of equipment weight loaded through gravity, springs, tubes or bands applying safe loads for mind/body training. This type of training provides rapid transformation due to the mind's continual recalculation and recalibration of movement patterns this allows the body to develop strong connections and correct imbalances.

WHO WE SEE:

This training is for any and all individuals that want to move more efficiently.

Dancers Equestrians Cancer Survivors Gymnast
Tri Athletes Computer Operators Tennis Players
Boomers Elite Athletes Pre/Post Surgery Clients
Fitness Enthusiast Runners Business Professionals
Gardeners Golfers Medical and Dental Professionals
Women's Health (PFD, SI, Sciatica, Post Pregnancy)
Neurological Disorders (Parkensin's, MS)

WHAT THEY WANT CORRECTED:

Integrity of Core and Pelvic floor Gait and Mobility
Posture Mind Body Connection Reverse Aging
Scoliosis Knee Pain Back Pain SI Dysfunction
Restrictive Movement Balance and Stability

WHY THEY COME:

SO THEY CAN DO THE THINGS THEY LOVE.

"I feel better than I have in a long time and sleep better too. My favorite thing is that in the past week I have had 3 people comment on how I look like I've lost a lot of weight! Not a pound, but the Pilates Reformer has toned my body in the right places."

— Mary

Pilates is a lifestyle.

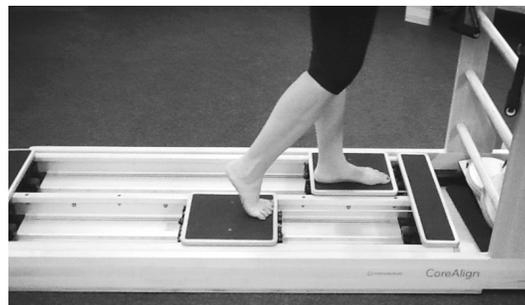
"In 10 sessions, you will feel the difference. In 20, you will see the difference. And in 30, you'll be on your way to having a whole new body."

— Joseph Pilates



• Cadillac • Reformer • Chair

Pilates is a form of movement places emphasis on 6 principles: centering, control, flow, breath, precision, and concentration. Through practicing regularly individuals can engage the mind and body to develop balanced, efficient, harmonious movement.



"After 15 years in the dental profession, my posture became worse, to the point of chronic back pain. I can NOW attribute my beautiful posture to Pilates. I feel better as I stand tall. I am stronger and can work all day without pain. B3 Strong is my accountability and motivation. I enjoy pilates, I love the results."

— Rachel

• CoreAlign • BARRE • TRX

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To Schedule an appointment:
b3strong.com
205.601.0077