



## **Motion on Mainstreet**

A Division of Colorado Center for Physical Therapy

*“Supporting your goal of achieving a healthier, stronger body”*

2329 West Main Street #211 Littleton, Colorado 80120

**303-797-0988**

Fax: 303-797-8011

[www.MotionOnMainstreet.com](http://www.MotionOnMainstreet.com)

## **About Our Pilates Studio**

**Motion on Mainstreet** is located at 2329 W. Main Street in Old Town Littleton in the Littleton Office Building (#107).

**Motion on Mainstreet** is southwest metro-Denver’s premier rehabilitative Pilates studio which also provides Pilates specialty classes, private yoga instruction, physical therapy, therapeutic massage, somatic movement therapy and community fitness classes.

We offer private Pilates and Yoga Therapy sessions for anyone of any age who is interested in improving physical health and overall quality of life. This includes those seeking a more holistic approach to injury rehab, post surgery rehab, recreational & serious athletes seeking better strength, flexibility & endurance, and for those looking for valuable additions to their home based exercise program. We have been assisting professional dancers in the metro-Denver area for 15 years and help athletes of all ages who partake in a wide variety of sporting activities.

We also integrate the therapeutic applications and healing philosophies of Joseph Pilates, Yoga in the Himalayan Tradition, Gentle Hatha Yoga and Thomas Hanna’s Somatic Movement Therapy into our injury rehabilitation program. Other specialty programs include Pilates for Pregnancy and Clinical Pilates Applications for other challenges such as Multiple Sclerosis, Stroke, Scoliosis, Chronic Fatigue Syndrome and more.

**More About Motion on Mainstreet – [www.MotionOnMainstreet.com](http://www.MotionOnMainstreet.com)**

### **Additional Specialty Services:**

- Pilates Reformer Classes
- Rehabilitative Pilates
- Yoga Therapy
- Pelvic Floor Rehabilitation (helps pelvic, hip & low back pain syndromes)
- Specialty rehabilitation for the neck, shoulders, arms, & hands
- Thai Yoga Massage & St. John Neuromuscular Massage Therapy

**More About Colorado Center for Physical Therapy – [www.ColoradoCenter4PT.com](http://www.ColoradoCenter4PT.com)**

Serving South-metro Denver for 23 years, the **Colorado Center for Physical Therapy** provides traditional & natural health rehabilitation services to people of all ages. We enjoy keeping homemakers, office professionals, students, and athletes at the top of their game. We support seniors with high quality fitness and flexibility programs, teach prevention, and provide clients with high quality home exercise programs.

**For more information about Motion on Mainstreet and Colorado Center for Physical Therapy  
Call us today at 303-797-0988**

*“Blending the best of natural healthcare with cutting edge science and technology”*