

Heidi Fisher, DScPT



CALL TODAY TO
SCHEDULE!
Small group
Pilates Fitness
classes and
private sessions
available.

Helping You Transition from
Physical Therapy to
Community-Based Fitness

Call or Text 520-488-6715
E-mail: HeidiFisherPT@gmail.com



Call, text or e-mail for pricing,
schedules, locations & additional
information



- PRIVATE SESSIONS (50 Minutes) WITH DEDICATED ONE-ON-ONE TIME WITH DR. FISHER
- SMALL GROUP CLASSES (2-4 people) WITH PERSONALIZED ATTENTION
- INTEGRATED PILATES & FUNCTIONAL EXERCISE
- CUSTOMIZABLE PROGRAM TO FIT PERSONAL FITNESS GOALS & INTERESTS

I started PT 2 PILATES to help:

- Bridge the gap between Physical Therapy in the clinic setting and participation in community-based fitness
- Provide an affordable alternative when your insurance visits are not enough to fully complete your rehabilitation
- Provide a safe, supportive environment for you to continue your exercise program under the supervision of a skilled Physical Therapist
- Coordinate with your current physical therapist to continue building on the foundation of your current program

Dr. Heidi Fisher, Licensed
Physical Therapist &
Pilates Instructor

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