

PROVIDING A CLINICAL APPROACH TO FITNESS AND REHABILITATION

Gladys Cruz Nicholls brings over 25 years of combined experience as a Physical Therapist and advanced Pilates training. Her Polestar Pilates and the Pilates Center of Austin certifications allow her to blend the precision of Pilates with a deep understanding of anatomy, rehabilitation, movement science and specialized neuromuscular retraining.

Each session is personalized to your health history, movement, and goals—clinically guided training built specifically for you, not a standard fitness class.

Offerings and Services include:

- Oncology rehabilitation
- Osteoporosis management
- Post-surgical recovery
- Balance and fall prevention
- Athletic performance enhancement
- Manual Lymphatic Drainage (MLD)
- Neuromuscular Retraining
- Dry Needling
- Improve posture, alignment and build strength safely
- Reduce pain and stiffness while improving balance and stability
- Restore efficient, natural movement



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