

Spiral Fitness

3613 Cedar Springs Road

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Patti Granoff *

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Spiral Fitness is a studio committed to giving you the best training to target your needs and to educate the body in preventing injuries. The aim is for you to enjoy your workouts in the privacy of a pristine studio while helping you to achieve your personal fitness goals.



"Gyrotonic® excercises taught me how to prevent injuries and has given me a deeper understanding of how everything works together."

Dena Abergel, New York City Ballet

Gyrotonic® Workout

Gyrotonic® combines the elements of flexibility found in Yoga and the body sculpting strength of weight training. Participants follow a series of continuous, fluid movements that gently stretch and strengthen the body. The training aims to increase coordination, strength, fitness, flexibility and balance for the whole body.

Gyrotonic® is used worldwide by professional athletes, celebrities, rehab facilities and dancers. It was created in 1984 and there are currently over 1400 studios around the world.

**Patti Granoff, owner of Spiral Fitness, is a certified Gyrotonic® and Yoga Wall® Instructor. In 2008, she relocated to Dallas from New York City where she taught for four years and had the opportunity to study with some of the top master trainers and with Paul Horvath, a Physiotherapist from Germany who applies Gyrotonic® methods to therapeutic work. Her certifications include the Gyrotonic® Expansion System, the Jumping-Stretching Board, and the Leg Extension Unit. Patti was featured on national TV in a Healthwatch segment for the Gyrotonic® Expansion System*



GYROTONIC®

Training for Dancers

Gyrotonic® was created in 1984 by Juliu Horvath to rehabilitate dancers. As a former Romanian ballet dancer, it was through his own personal struggle with chronic pain and injuries that led to the development of the system. Using fluid exercises and circular motion, Gyrotonic® strengthens the core through non-linear movements. This style of movement helps dancers with hip rotation and leg flexibility, balance and posture, articulation of the spine and range of motion. The exercises are performed on the Gyrotonic Expansion System® which consists of weights, pulleys, straps and a handle unit.

Dancers all across the world are using Gyrotonic® to maintain their bodies physically and to help prevent injuries. Dena Abergel of New York City Ballet states: “Gyrotonic® exercises taught me how to prevent injuries, and has given me a deeper understanding of how everything works together. I have incorporated the exercises into my daily schedule. They are the first thing I do every morning, and they prepare me both physically and emotionally for the rest of the day.”

Patti is a Certified Gyrotonic® Instructor located in Dallas. She taught in New York City for four years where she had the opportunity to study with some of the top Master Trainers and with Paul Horvath, a Physiotherapist from Germany who applies Gyrotonic® methods to therapeutic work. Her certifications include the Gyrotonic Expansion System®, the Jumping-Stretching Board and the Leg Extension Unit. Patti was featured on national TV in a Healthwatch segment for the Gyrotonic Expansion System®.



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