

Grow older feel younger - with Mainly Silver Moves

Story and Photos by: LT Reynolds

Meet BonnieBen Pilar who is 67 years young! And the creator of Mainly Silver Moves Pilates and Gyrotonic Studio located in Grandview-on-Hudson.

Her motto is “Grow older feel younger” – and that sums it all up.

She told us: “You don’t have to go around feeling old. There’s no reason to feel that way.

“I love teaching people of all ages. Everyone leaves my studio feeling great. It is a special thrill for me to help people feel better!”

Transforming under-utilized space in her home created a fabulous studio featuring Gyrotonic equipment and ample room for a Pilates workout. A thoughtful and creative design includes warm colors drawn from the nearby Hudson River.

The ceiling is covered with clouds about identical to those adorning the sky outside the studio windows.

“My intent was to create a serene and peaceful atmosphere for my clients to relax and feel comfortable with.” said Bonnie, with the most sincere smile.

Pilates works your abdominal muscles, hips and shoulders providing balance and stabilization. While Pilates is linear, Gyrotonics moves your spine every possible way with each exercise. Pilates and Gyrotonics are absolutely complimentary.

Each client receives personalized consultation to create a customized exercise routine. Bonnie works with the individual standing before her at that exact moment. If a client comes for a session and looks a bit different possibly because they worked with or done something to strain a muscle group or body part, Bonnie will see that and incorporate a technique to alleviate the discomfort.

Offering individual sessions or will work with a duet to create a session to address each participant. Rivertown



Above: BonnieBen Pilar at work. Right: She works with client Steve, who suffers from Parkinson’s Disease.



Readers mention this article to Bonnie and you will receive a complimentary half hour Pilates & Gyrotonic experience.

Working with a client who suffers from Parkinson’s Disease has provided relief for Steve from Upper Grandview. “I feel that my workouts have slowed the natural progression of the disease.” Steve explains.

Bonnie and her husband, Dr. Mike Pilar, DDS moved to Grandview in 1997. Together they share a passion for breeding and showing Maine Coon Cats. They are

the official cat for the state of Maine.

Legend has it that the farmers domesticated the cats and began showing them at state fairs. Originally farmers used them to control the rats – known at “rattlers”. Bonnie and Mike’s cats are absolutely gorgeous!

Mainly Silver Moves can be found on the web at: www.mainlysilvermoves.com. Call Bonnie (917-414-1111) today to get moving and to feel better and stronger every day!