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Member Reviews

Mind's Eye Movement Pilates Studio

1183 N 950 E
Bountiful, UT 84010
(801) 647-2724

BEST OF
9.2
Overall

Recommended

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Bountiful, UT 84010

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User Reviews

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What users are saying

Friendly staff: **yes**

Individualized: **yes**

Comfortable: **yes**

Emotional support: **yes**

[Write a review](#) and share your thoughts with other users.

Can't Believe the Difference

Posted by [battelleschwartz](#) on 05/19/2005

I've been doing Pilates matwork using the videos available on the market for a year. It has made a marked difference in my appearance and my strength. I knew that 'real' Pilates involved equipment, but knew of nowhere nearby that had the equipment or a trainer. On CitySearch one day I saw Mind's Eye Movement Pilates Studio right here in Bountiful, and immediately called. What an AMAZING difference I have already seen within and without. Everything you may have read about Pilates is true, and Kimberly is the absolute BEST. She's extremely organized in her approach, and very knowledgeable about the discipline. She's also her own best advertisement.

Pros: One on one or 'duet', Very clean studio

Overall user rating: Highly Recommended

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Full-Service Pilates Done Right!

Posted by [popcarn](#) on 03/19/2005

I went to Mind's Eye Movement with the intention of learning how to strengthen my "core" muscles. I achieve that and so much more! The instructor, Kimberly McKnight, has a way of helping you determine what

your body needs in order to be stronger, leaner and healthier. She helped me develop a core strengthening program that I can do in her studio using her fabulous array of quality Pilates equipment and props, but that I can also take home and work on. I would recommend Mind's Eye Movement to anyone looking for top notch instruction and results that really work.

Pros: Convenient, Great equipment, Excellent instruction
Overall user rating: **Highly Recommended**

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Learn the Correct Way To Do Pilates

Posted by [pinkpanthers](#) on 03/01/2005

Pilates is so much more than just a Mat Class at your local gym. Kimberly McKnight has a professional in home studio and can instruct you on the correct way to move your body so that you receive the most benefit from your Pilates workout. Kimberly creates a great comfort level for the 1st time beginner, all the way to challenging anyone at any fitness level. The health benefits of learning correct posture, breathing, and muscle movement are just added bonuses I've gained from my Pilates Sessions with Kimberly. In fact I was so excited about the results I was having, I had my 15 year old daughter take a series of diet Mat Classes with me so she could learn correct body posture, breathing, and muscle movement. What she has learned will help her as she trains for the Tennis Team at her High School.

Overall user rating: **Highly Recommended**

Was this review helpful: [Yes](#) or [No](#) | [Request removal of this review](#)

Highly recomended individual instruction

Posted by [dscleveland](#) on 02/20/2005

Kimberly provides excellent instruction in the use and practice of Pilates. Her devotion to the field, and to each individual client is obvious from the very first session. I would highly recommend her services to anyone. She will help you improve your strength and flexibility.

Pros: Individual instructio, Availability, Parking
Overall user rating: **Highly Recommended**

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Time Well Spent

Posted by [shellita98](#) on 02/18/2005

If you are looking for a Pilates instructor who treats each client as a unique individual and truly cares about helping each one achieve the best training and results possible, you absolutely cannot go wrong at Minds Eye Movement.

To get the best results from Pilates it must be done correctly and Kimberly McKnight not only teaches, she motivates and encourages you to achieve maximum benefits.

Pros: Personalized, Professional, Worthwhile
Overall user rating: **Highly Recommended**

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Hidden Gem!

Posted by [1959](#) on 02/16/2005

Mind's Eye Movement is a hidden gem. It's that experience one hopes to find, but rarely does. Kimberly McKnight is an excellent instructor who truly cares about each of her clients. Her training is superior and the one on one or small classes are outstanding and extremely motivating. When you leave you feel like you should be paying her more!



Presented by:



Pros: Excellent Value, Personal Attention, Very Motivating
Overall user rating: **Highly Recommended**

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