

Movement studio clients see gains, become more body-aware with Galileo



Musclespazm Studios

Ventura, California

Training Product:

Galileo Platforms

Galileo Training Since: 2020

The Facility

Suzanne Corridan Willerth has been a movement instructor in Ventura, California since 1988, and the owner of MuscleSpazm Studios since 2017.



"Movement has been a lifelong passion of mine," says Suzanne, who took up ballet at age 25, inspired by how the dancers move. She achieved professional status at 32 and taught Cecchetti Classical Ballet fundamentals well into her 40s. Suzanne's passion for movement led her to the Gyrotonic Method, which incorporates principles from dance, yoga, swimming and other forms of movement, and ultimately to Galileo Master Trainer, Domini Anne.

"I started taking Domini's Gyrotonic classes online and felt an instant connection," Suzanne says. "Then I saw that she was also utilizing Galileo in her training, and I could tell just through watching her body react to the vibration on the computer how wonderful it

had to be. I took the leap and got one without even trying it, and I'm so happy I did."

Suzanne's Galileo Platform was installed in her home, and she immediately felt the benefits in relief from pain, strengthening of joints and pelvic floor, and the elongation of her spine.

"I found myself giggling when I first stood on the Galileo because it felt so good! It makes me smile remembering these early memories whenever a client giggles in response to their first experience," she exclaims.

Suzanne purchased another Galileo Platform for her studio, which has seen virtually nonstop use by her clients. By mid 2022 MuscleSpazm Studios gained a total of four Galileo Platforms for a truly unique training experience.

The User Advantages

Most of Suzanne's clients at MuscleSpazm Studios are in the 35-60 age range, and enjoy one-on-one training, duets, trios as well as group class options.

When the Galileo Platform was first introduced, Suzanne slowly integrated it into her clients' experience. It didn't take long before most embraced the platform as an essential part of their movement regimen; some using it as a pre-workout warmup, others as a post-workout cool-down, and many as a stand-alone unit of the workout itself.



"I can sing you the praises of Galileo all day long, but that has no meaning until you feel it for yourself. Once you feel it, you immediately understand how it can change your life."

Suzanne Corridan Willerth



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"I have some clients that only want to do Galileo, and still others who enjoy integrating it with other modalities in group settings. They definitely see the benefit of gained proprioception during their next workout or even just everyday movements like climbing stairs or walking their dog," Suzanne says. "They all notice a difference."

One client benefitting from Galileo training also happens to be Suzanne's husband, Jeffrey.

"Back in 2018 I had my right hip replaced and my leg had atrophied considerably. I've been very, very focused on trying to develop that muscle back," Jeffrey says. "When Suzanne introduced me to the Galileo, almost instantly the leg felt better, moved better and the muscle increase has been huge."

Suzanne estimates that Jeffrey's leg was "as low as 65 percent, and after a year of training I'd say it's at 90 percent. It's been incredible."

Clients are also seeing improvements in their proprioception, becoming more aware of the various movements and sensations within their bodies.

"With the Galileo, the involuntary muscle contractions help you feel things that you weren't feeling or aware of before," Suzanne says. "I love it when a client finds, for example, that their lower back doesn't hurt anymore because they're holding their shoulder or core differently."

Jeffrey adds: "I really love the art of discovery with the Galileo – when you get on there and just feel what your body's doing, where the vibration is targeting, and you realize, 'Oh, I didn't even know that muscle group was there! I didn't know I could feel it, let alone affect change to it.'"

Suzanne cites a wide range of additional benefits experienced by her clients, including:

- A singer who used Galileo to isolate and improve her breathing control
- A man who experienced improved bone density and reduced AIC
- A professional musician who achieved improved balance within his core
- A woman who attained a stronger connection to her abdominal muscles
- A man who can walk upstairs more easily and without pain



"From pain relief to recovery from old injuries to improved balance, my clients are feeling real results with Galileo – and continuing to feel their training days later when doing other workouts or going through their daily routine," Suzanne says.

Nearly all of her clients use and enjoy Galileo training. Why not all? Suzanne believes every person is different and has life experiences unique only to themselves. We can't possibly know what someone else feels when experiencing the Galileo.

"I can sing you the praises of Galileo all day long, but that has no meaning until you feel it for yourself," she says. "Once you experience it, you immediately understand how it could change your life. Many of my clients have already purchased Galileo units for home use."

The Operational Advantages

Has Galileo training boosted interest in MuscleSpazm Studios? Suzanne says, "Yes!" Word-of-mouth spread the Galileo message quickly through the Ventura community.

As a result, traffic and profits have increased and Suzanne's studio is on track for healthy, continued growth.

Ultimately, the benefits for the business mirror the benefits enjoyed by its clients, who appreciate the wide range of workout intensities they can achieve with the Galileo Platform.

"You can relax to recuperate or restore on the Galileo or you can switch to strengthening/lengthening to get a good workout, or you can make it more challenging and push yourself further to feel even more change. You can kick your own butt and feel like you got run over by a truck really easily if that's what you want. Working out in tandem with the Galileo is quite simply efficient and effective! "

What's in the works for Suzanne and MuscleSpazm's future? While currently practicing different movements and positioning on the Galileo Platform, she is looking at ways to lead classes that will integrate somatic stretching, incorporate portable ballet bars as well as a myriad of other "props" and equipment within the studio.

Whatever materializes, and wherever the road ahead might lead

Suzanne, Jeffrey and MuscleSpazm Studios, she is confident of this:

"I see the future growth of my business is Galileo, for sure."