



Ton Voogt & Michael Fritzke

Ton and Michael are longtime veterans of the Pilates Method and are internationally recognized Pilates Teachers, presenters, educators, consultants, and innovators. Their main teacher/mentor was Romana Kryzanowska and they were Teacher Trainers for her original Certification program in NYC. Their interpretation of the Pilates Method today is an accumulation of the work from Joseph Pilates, the Pilates Elders and influenced by other modalities and science.