

B2BWorkspaces

Patrick Przyborowski | owner of Practice

B2B Staff photo by Ty Greenlee



Who are you? Patrick Przyborowski, owner and senior instructor of Practice. I am a fully certified STOTT PILATES™ instructor, ACE Certified Personal Trainer and trained TRX instructor. I have been teaching Pilates, TRX and Strength Training in the Dayton area for almost nine years.

What's your company? Tell us about what you do. The name of the studio is Practice, and we offer instruction and coaching in Pilates, yoga, TRX, Piloxing and traditional strength training. Much of our business comes from instructors working with one, two, or three clients privately — although we also have small group classes in yoga, Pilates mat work, and Piloxing™, a blend of Pilates and boxing drills. We work with a wide range of ages and abilities and offer customized training for the full fitness spectrum, including post-rehabilitation, exercise for reducing health risks, fitness for weight loss and strength and endurance building.

How did you get started? I became

a Pilates Instructor in 2003, after returning home from 12 years of living and working on the East coast, where I worked in the corporate sector. I returned to help my Mom care for my Father, who had Alzheimer's disease, and I wanted to find work that would both help me to stay strong and also allow me a flexible schedule to help with caregiving. After five years of teaching, I decided to channel my management experience and creative energies toward creating a studio environment that was both inspiring and effective for clients and staff alike.

What's unique about your workspace? Here are some terms that our clients use to describe the studio: Warm, clean, inviting, well organized, calming, a refuge. The space reflects both function and form.

What is one thing in your space/ on your desk that you can't work without? My instructors: Their knowledge, passion, creativity and commitment are the lifeblood of the studio.

What is your secret ingredient to success? The basic principles of practice, namely: Awareness, which involves being aware of the body and the mind and the way they relate with each other — especially when it comes to the choices we make for exercise, diet, and rest; Focus, which is learning to channel one's awareness into the present moment and into the activity at hand; Creativity, which is inherent in problem-solving and is an intrinsic part of making change in one's life; and Self-discipline, which is something more than repetition or just "showing up." It involves looking at the potential impact of our behaviors before we engage in them, affording us a better chance to choose wisely.

Our mission is to help our clients bring their best self forward. We do this by trying to live and model these principles while guiding them in a series of life practices, like Pilates and yoga, designed to strengthen and energize both body and mind.