

# Philadelphia

AUGUST 1999

## Best of 'Philly 99

### FITNESS INSTRUCTOR

A former ballet dancer and native of South Philly, *Janeen Galati* teaches body-mind fitness concepts like Pilates and Hot Yoga at *Alternative Health & Fitness*, her studio at 2016 Walnut Street. Vivacious and spiritual, Galati offers both group and one-on-one instruction, hosts educational workshops, and publishes a monthly newsletter.