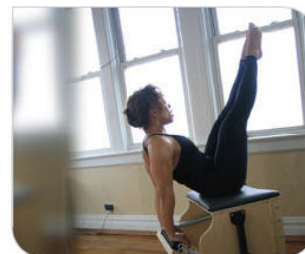


FOR IMMEDIATE RELEASE

Contact: Gina Jackson
Pilates4Fitness • North Bergen, NJ
Phone: 201-647-5970
Pilates4Fitness.com
info@pilates4fitness.com



PILATES TRAINING CHANGES THE BODY

PILATES4FITNESS BRINGS DUET PILATES CLASSICAL TRAINING TO NORTH BERGEN

North Bergen, NJ (April 24, 2007) -- Spring is a great time for changes and new additions! With it comes the Pilates4Fitness announcement of the addition of Duet Sessions so two people can share an hour and experience changing their bodies thru Classical Pilates Training. Great way to take Mat Pilates training one step further by using the classical equipment.

While Pilates Mat classes are the typical entry into Pilates for most people, Classical Mat exercises are often difficult for a beginner because most do not have the core strength to perform the exercises correctly and therefore often find they struggle to achieve the maximum benefit. The Classical Pilates Method is based on a full, integrated system of equipment – and the Mat exercises are just part of the technique.

Gina Jackson, Owner and Certified Instructor states, “Only 25% of the Pilates exercise repertoire can be performed on a floor mat during a Pilates session.” While the Mat exercises are often the first step toward learning the method, by adding equipment, students will experience a more authentic, quality and progressive experience. Duet sessions, now being offered at the intimate studio space, will help facilitate regular practice for the best results. A few (3-5) private sessions are recommended to begin any Duet Session with a partner, however.

“Pilates equipment works better and faster in changing the body, as the springs on the equipment provide support and resistance that allow the individual to find and enhance their core connection in a way that is difficult to do on the Mat alone.” The equipment allows you to shape, tone, lengthen and align the body, quite differently than the Mat. Tina Jacobowitz, Professor, Montclair State University recently commented, “I definitely have less back pain since I started doing Pilates. In fact, it has had the greatest impact on reducing my pain of all the fitness activities I've done.”

Jackson encourages interested students, young and old alike, to call to set up an appointment and inquire about the Introductory Package. For more information visit [Pilates4Fitness](http://Pilates4Fitness.com) or call 201-647-5970.

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