

Coco-Mo Pilates
2703 day avenue, #7
coconut grove 786.552.6847

Equilibrium Pilates Center
2809 bird avenue, 2nd floor
coconut grove 305.458.1430

Pilates by Liz
8041 sw 69th avenue
south miami 305.740.4455

★ **PILATES CENTER BY BERNADETTE**

A powerful total body workout! A perfect balance and blend of core strength and flexibility training using specialized spring resistant machines. Private/Group. Mat classes. at the square shopping center
260 crandon boulevard, #36
key biscayne 305.365.8171

Pilates Miami
3936 north miami avenue
design district 305.573.4430

Pilates South Beach
1680 michigan avenue, #1107
SOUTH BEACH 305.672.6616

Polestar Pilates Center
1500 monza avenue, suite 350
coral gables 305.740.6001

★ **POOLATES**

(see display ad)

Learn the Pilates Method in the Pool from the Innovator herself Rebecca Pfeiffer! Individual sessions, small group classes, corporate programs and traditional Pilates. Also offers instructor training programs. Call today!

Pfeiffer Fitness

po box 351

key biscayne 305.773.0560

www.poolates.com

Sanctuary 7 Pilates Studio
643 south miami avenue
downtown 305.358.0909

The Movement Studio
at Myra & Company
7313 sw 59th court
south miami 305.661.2381

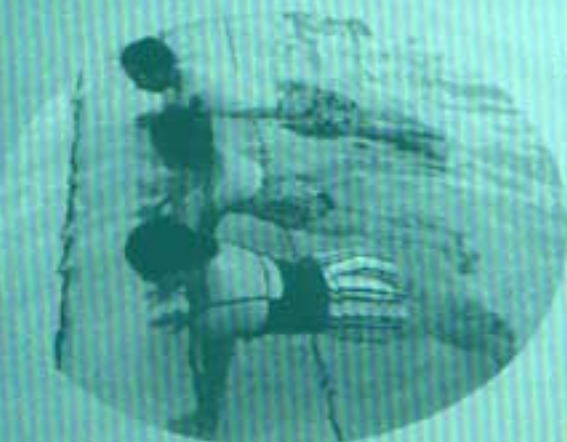
yoga

Bikram Yoga of South Miami
south miami 305.662.8080

Eye on Entrepreneur

Keep a close eye on local entrepreneur Rebecca "Boo" Pfeiffer, owner of Pfeiffer Fitness and innovator of the latest and greatest mind-body exercise "Poolates™". Poolates™ is the revolutionary marriage of the principles of Pilates with the benefits of aquatic exercise. Remember it as "The Pilates Method in the Pool."

Poolates™ helps to improve posture, build strength, increase balance, enhance flexibility and shape your body. A typical Poolates™ class consists of a variety of Pilates-based exercises, brilliantly adapted to the pool by Rebecca, including arm and leg circles, double-knees up, single leg stretches, and much more. Both private and group classes are offered, at your pool or hers.



Rebecca is ambitiously engineering her Poolates™ concept to include everything from DVD's, T-shirts and instructor certification programs. She also offers an exclusive licensing program for health clubs, spas and resorts both locally and nationally.

Pfeiffer Fitness c/o Rebecca "Boo" Pfeiffer
www.poolates.com 305.773.0560