

Press Release

Ph. 410-997-7777

Fax. 410-997-7701

Email: info@ecitydesigngroup.com

For Immediate Release

The Pilates Center Finds New Way to Connect Health and Corporations

Ellicott City, MD (August 1, 2005)- Linda Rinier, owner and founder of The Pilates Center believes that the wellness of personnel has a direct impact on an organization's success. Because of this, she now offers a corporate package. These packages are designed to energize and restore health to those in the business world. Her classes, taught in the original Joseph Pilates method, can truly turn enhance the health and productivity of workers. Once the employees are centered mentally and fit physically, they are much more apt to succeed in the corporate world.

"I truly believe that starting your day off with Pilates can change your mood, your body, and your mind. If an employee comes into work after participating in a session, they come to work clear-headed, ready to start their day. Because Pilates is less cardio and more strength training using your own body, you are not exhausted after the class. You walk away ready to go," says Linda.

Linda's corporate package prices follow:

- Mat classes meet one time per week for 12 weeks (\$2,500 corporate rate per 12 week session, 1-12 people)
- Tower classes meet one time per week for 12 weeks (\$3,000 corporate rate per 12 week session 1-9 people)

The Pilates Center specializes in improving health, productivity, and corporate performance. Among the lifelong benefits of Pilates are relief from muscular, skeletal and postural problems and increased flexibility. Pilates is also ideal for overall health, stress relief, conditioning post and pre delivery and athletic and dance training. Our New York trained staff understands the value of expert instruction.

For more information on Linda's Pilates Center, visit www.lindaspilatescenter.com