

Press Release

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For Immediate Release

Linda Rinier is Featured in *Maryland Family Magazine*

Ellicott City, MD (Sept. 26, 2005)- Pilates Center owner, Linda Rinier, is featured in the Fall/Winter issue of Baby Steps magazine, a supplement to The Maryland Family Magazine. Rinier is thrilled to have been selected by author Karen Nitkin to address the benefits of Pilates before, during, and after pregnancy.

“It is so exciting to source information for a publication,” Rinier says. “I want to educate pregnant women, the target audience of this supplement, so they understand how beneficial Pilates can be.”

The Pilates Center specializes in improving health, productivity, and 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, athletic and dance training. Their New York trained staff understands the value of expert instruction.

To learn more about Linda and her Pilates Center, please visit www.lindaspilatescenter.com