

Ph. 410-997-7777
Fax. 410-997-7701
Email: info@ecitydesigngroup.com

For Immediate Release

An Evening of Running and Pilates



The Pilates Center joins The Howard County Striders in an evening promoting health. February 12, the Striders began with a 45 minute run followed by a 30 minute mat class given by Linda Rinier, owner and founder of The Pilates Center. The program introduces runners to the benefits of Pilates

Howard County Striders, Tom Brown and Nancy Burns, spoke on the benefits of Pilates, from their own experiences and why so many people believe in Pilates. The Striders and the Pilates Center are planning more joint sessions this spring.

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