

## Why Pilates?

### “Core Muscle Stabilization”

The group of muscles buried underneath each other, deep within the abdominal wall and the pelvic floor; including the diaphragm, and the internal spinal muscles, and their purpose is “ Core Muscle Stabilization or body posture.

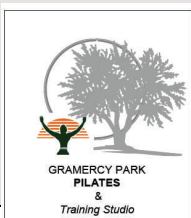
When the core muscles are weak, the body won't work effectively, requiring some muscles to work overtime, i.e., the cause of pain from ‘hunched’ shoulders, protruding necks, and sway backs.

The body's posture keeps the back straight and healthy, ensuring proper balance, allowing the body to proficiently move the arms and legs with greater flexibility and extended range of motion, plus health benefits that ensure optimal living:

- ...muscular definition without bulk
- ...increase oxygen circulation
- ...enhanced metabolism
- ...more mental focus
- ...relieves stress

### **Special Program Modifications**

- Prenatal
- Special Populations
- Post Injury
- Sports Specific Training

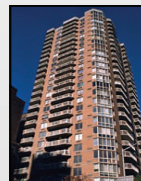


## What puts

### **GRAMERCY PARK PILATES & Training Studio**

**Above the Rest...**

- *Comprehensively trained staff of experienced Master Trainers*
- *Individualized Programs for clients of all ages, skill & fitness levels*
- *Results-oriented programming designed to work quickly*
- *Custom Programming for injuries and other special needs*
- *Extensive schedule of group mat, yoga and Reformer classes*
- *Fully equipped Pilates studio with state-of-the-art equipment*
- *“Balanced Body University Training and Certification Center”*
- *Pilates Coach Training and continuing education center*



Located on the  
Northwest corner of Lexington & 24th Street



**GRAMERCY PARK  
PILATES  
&  
Training Studio**

*50 Lexington Ave., LL1  
New York, NY 10010*



NYC

Premiere Location

24th & Lexington

**New York City's  
Balanced Body University Training  
&  
Certification Center**

**State-of-the-art Equipment  
TRAIN WITH THE INDUSTRY BEST**

## Our Class Selections



### Pilates Mat

Group class teaches the basics of Pilates working on a mat. This popular and powerful exercise class is great for anyone who has back pain, needs to enhance strength, increase flexibility, or relieve stiffness.



### Mini Balls



### Rollers & Rings



### Semi-Private

### Group Pilates Reformer

### Half-Trap Classes

are an affordable, motivating and fun way to experience all the benefits of Pilates Reformer workout. Classes are available for beginners to advanced participants, perfect for you and your friends to get the body you've always wanted.

Share a workout with 3-6 participants and receive individual attention.



### Private, One-on-One Training

This is the recommendation for quick results. This class format enables customized workouts which integrate various apparatus, i.e., Reformer, Trapeze Table, Chairs, Barrels, Rings and more, with individual coaching by a certified pilates trainer.

Because we have Certified **Master** Pilates Trainers, we have the knowledge and extensive training to instruct on program modifications regarding specific medical concerns that may require specific exercise modifications.

### Power Yoga

Traditional yoga postures (asanas) are linked together in a serpentine flow, known as Vinyasa. Vinyasa synchronizes the body's movement with the breath, raising the body's core body temperature, increasing perspiration which purifies the body by eliminating the toxins from muscles and organs. The result is Improved circulation, an invigorated and calm, mind-body-soul.

### New York City's

### Balanced Body University Training

&

### Certification Center

GRAMERCY PARK PILATES & Training Studio

50 Lexington Ave., LL1 New York, NY 10010

212-529-3190

## OUR CERTIFIED TRAINERS



**Joe Parrinello**, Co-owner of the Millbrook

Training Center & Spa, Joe has been in the Health & Fitness Industry for over 28 years. He has trained numerous celebrity clients; professional athletes, models and actors. Joe holds a Bachelors of Science in Physical Education and a Masters Degree from Texas A&M. He is a Certified Strength and Conditioning Specialist (C.S.C.S.). He is currently on the teaching faculty at C.U.N.Y and S.U.N.Y in Health & Physical Education.

**Joy Karley, MA** holds a Master's Degree in Biomechanics and Athletic Training from San Diego State University and a Bachelors of Science in Physical Education and Modern Dance from Kent State University. Joy is an AFAA and IFTA certified Group Exercise Instructor and Personal Trainer, and has over 15 years experience as a fitness instructor, writer and presenter throughout the U.S. & internationally. She is also a Master Trainer for The Pilates Coach and Balanced Body University, fully certified in both mat and reformer, apparatus, including contemporary and classical pilates styles. She studied at the School of Cleveland Ballet and has performed with dance companies in Ohio, California, Washington D.C., New Jersey and New York City, NY.

**Tracey Enos** has over 18 years of experience in the fitness industry as an instructor, trainer and educator. She has presented both nationally and internationally. She holds a Bachelors degree from Michigan State University and will complete a Masters Degree in Exercise Science from Western Michigan University in 2007. Tracey holds CPT certifications from both the American College of Sports Medicine and the National Academy of Sports Medicine as well as certifications from a variety of other organizations. She is a Master Trainer for The Pilates Coach and is fully certified in both mat and Reformer by Balanced Body University.



**Debi Gatten** is a certified fitness professional with an impressive career that spans 20 years of Health Club Management. An accomplished fitness writer, educator and national presenter, and appointed as a national product spokesperson, making various television and educational video appearances. Debi holds a Nursing Diploma, Bachelors of Science Degree, plus numerous fitness certifications; personal training, weight room, special population's health management, spinning, Prenatal and Youth, Golfit and Mat and Reformer Pilates. Her one-on-one and group exercise class training has a client roster that includes celebrities, professional athletes and high profile executives.