

May 6

Pilates Day – May 6, 2006

Join us as we celebrate the
third annual Pilates Day.

Come experience Pilates and learn
about the many benefits Pilates offers –
Pilates – Whole Body Health for Life.

Day

This year, Pilates Day kicks off the
PMA's public outreach initiative –
"Healthy Movement for Life,"
a Pilates exercise initiative for the
public schools.

Join us at the following locations for
special Pilates Day events and at
many other studios and facilities
around the world. Visit our web site:
www.pilatesday.com for a complete
list of participating locations and
more information. Or call toll free
1.866.573.4945.

UNITED STATES

Pilates Place, Birmingham, AL

Pilates Place, Scottsdale, AZ
Body Works Studio, Tucson, AZ

Pilates Sacramento, Sacramento, CA
TheraPilates Physical Therapy Clinic
Santa Cruz, CA
The Center Studio for Pilates
San Francisco, CA
Ellie Herman Studios, San Francisco, CA
Western Athletic Clubs, San Francisco, CA
Core Conditioning, Studio City, CA

Pat Guyton Pilates, Boulder, CO
Pilates of Boulder, Boulder, CO
Polestar Pilates Center, Denver, CO

Pilates Studio of Fairfield, Fairfield, CT
Power Flow Pilates, New Haven, CT

Renée Ricca's Pilates Center, Aventura, FL
Parkland Pilates, Coral Springs, FL

**Pilates Institute of Fort Lauderdale and
United States Pilates Association**
Fort Lauderdale, FL

Pilates Miami, Miami, FL
The Sports Club / LA – Miami, Miami, FL
Pilates South Beach, South Beach, FL
Polestar Pilates Center, Miami, FL
The Pilates Studio Miami, Miami Shores, FL

Myra and Company Spa
Integrative Pilates Movement Studio
South Miami, FL

**ProHealth Physical Therapy and
Pilates Studio**, Peachtree City, GA

Athletico, Chicago, IL

Centerworks Pilates Institute, Wichita, KS

Bluegrass Pilates Studio, Lexington, KY

**Balance, Your Pilates, Yoga, &
Gyrotonic® Studio**, Bethesda, MD
The American Dance Institute, Rockville, MD

Atelier Pilates, Somerville, MA

The Scoop – A Pilates Studio, Eureka, MO

The Perfect Workout, Incline Village, NV

East Coast Pilates & Yoga Center,
Avon-By-The-Sea, NJ

Northstar Pilates Solutions, Buffalo, NY
Fitness Institute & Pilates Studio,
Williamsville, NY

Salem Pilates, Salem, OR

Becca L. Sherwood, Bryn Mawr, PA

The Pilates Center of Austin, Austin, TX
The Good Space Pilates Studio, Houston, TX
Pilates Houston, Houston, TX
Studio A, San Antonio, TX

Equilibrium Exercise Gallery, Williamsburg, VA

Pilates Space, Burlington, VT

Michelle Hoyos, Issaquah, WA

Pilates On The Lake, Pewaukee, WI

SomaFit Fitness Spa, Washington DC

CANADA

Dianne Miller Pilates Center, Vancouver, BC

Pilates in Guelph, Guelph, ON
Pilates Center of Toronto, Toronto, ON
The Pilates Gym at Collingwood,
Collingwood, ON

Saskatoon's Pilates Training Centre,
Saskatoon, SK

ISRAEL

The Pilates Israeli Center, Tel-Aviv

SPAIN

Tecno Sport Condition, Barcelona

Premiere Pilates Day Sponsor:

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