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**Pilates the intelligent workout, becomes preferred means of staying fit by both men & women**

*The Pilates Method was developed to help people with injuries. Now The Method is used to maintain health and strengthen the major muscle groups and core while improving posture.*

ENCINO, CA, October 08, 2008 **/24-7PressRelease/** -- Within the past decade people have become more health-conscious and are focusing on the core muscle groups for strength. The new philosophy of fitness fits the Pilates methodology that has been around for years - leaving pounding cardio and long sets of joint pounding weights behind, Pilates supports and works the body from the inside out. Building bone density, deep strength and alignment using equipment and mat work - Pilates is the safe, effective method of getting the result you want!!!

Andromeda Trumbull and Kelli Altounian established Pilates Sports Center in Encino, Calif. in 2000 to offer exceptional and progressive Pilates training and Pilates education to clients and students alike to improve the quality of the Pilates experience.

Many people have tried Pilates elsewhere and have gotten injured or felt no real "workout" - we are dedicated to providing a safe but effective experience here at PSC. Our trainers are the best in the city, with multiple certifications and are dedicated to this technique and to their clients. Pilates builds strength without bulk, creating a toned and graceful physique" PSC founders said.

Pilates muscles weights out of the way:

Joseph Pilates - the founder of the Pilates Method - was born in the late 1800s and had a difficult childhood rife with diseases. In an effort to improve his own health, he started doing floor exercises and stretches while working to control his mind through Yoga and other eastern mind-body activities. He invented a series of exercises called "contrology" or Mat Work

By the time Joseph Pilates was 14, he had recovered enough to skin dive, ski and was an accomplished gymnast. As a hospital orderly in WWI, Mr. Pilates saw many soldiers who badly needed rehabilitation, and therefore he began to teach them his self-proven techniques with great success. Pilates then invented the machines using springs and levers which became the "Reformer, Wunda Chair and Cadillac" that we still use today in studios all over the world.

Now, Pilates is used to promote greater health in the participant by stretching key muscle groups, and focusing on breathing and posture. By focusing on isolating the core and carefully correcting alignment, back pain and posture are almost improved just about 100% of the time. Pilates is not an easy workout! Balance, coordination, strength and focus create an intense experience! Our clients feel it!!!!

As of 2005 in the US alone, there were more than 11 million people who were doing Pilates on a regular basis, and those 11 million require that there are more instructors to properly teach the fundamentals and techniques of Pilates.

Nationwide Certification with PSC Pilates Teacher Training Centers

The studio in Encino is home to the PSC founders and is only one of several in Southern California certified to teach people how to become quality instructors of Pilates. PSC focuses on both Traditional and Progressive forms of Pilates and stresses the ability to tailor the program to all types of clients from beginner, to elderly, to the advanced clients. PSC prides itself of creating the most skilled and capable trainers in America. Other studios, which offer the Pilates Sports Center Pilates Certification, range from Palm Desert, CA, Studio City and Encino CA to Colorado, Kentucky and New York at the Reebok Sports Club/NY with more centers preparing to launch the program each year. PSC is a growing phenomenon and is dedicated to the quality of all of its instructors.

To register for a private, semi-private or group Pilates class, or if you are interested in completing the training to become a Certified Pilates Instructor or to learn more about the Method, please visit <http://www.pilatessportscenter.com>.

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