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Bay Pilates

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BAY PILATES TO HOST POWER PILATES EDUCATION PROGRAMS

Bay Pilates Confirmed to Offer Power Pilates Certifications Starting May, 2019

EASTON, MD: Bay Pilates is pleased to announce their new hosting affiliation with Power Pilates, the leading educator of Classical Pilates. Bay Pilates will hold their first Power Pilates training, Core Mat I, on May 3, 4, 5. The Core Mat I program is the foundation of the Power Pilates method. Each subsequent program builds upon the information learned during this course. During this weekend, teacher candidates will learn to teach the 18 beginner level mat exercises and be introduced to Power Pilates teaching tools, philosophy, and teaching formula. After completing Core Mat I, graduates are ready to start teaching beginner level mat classes and may go on to Power Pilates Core Mat II, Advanced Mat, and Apparatus training programs.

Lorri Wilson-Clarke says “I am excited for the opportunity to bring Power Pilates Education to Easton, and look forward to growing Pilates in the region”.

Ali Matlock, Managing Director of Power Pilates Education, commented on the announcement: “Bay Pilates has a solid reputation for providing classical reformer and mat Pilates classes to clients in the Talbot County area for 13 years. We are grateful for having Bay Pilates as a Power Pilates affiliate and proud to have them represent the gold-standard in Pilates education, as we work to continue the legacy and teachings of Joseph Pilates throughout the globe.”

To register for the training or for more information, visit www.powerpilates.com or contact Lorri Wilson-Clarke at 410-924-0451.

About Power Pilates: Power Pilates is the leading educator of classical Pilates in the world with a network of 110 training centers on 4 continents supported by more than 10,000 Power Pilates trained graduates. Power Pilates is distinguished in the industry by an unwavering emphasis on training that honors the integrity of the original method developed by Joseph Pilates. The Power Pilates method is designed to strengthen, stretch and stabilize the body, offering unparalleled results. It is a whole body technique that not only increases stamina in a single workout, but provides the gift of strength and longevity with repeat sessions.