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Premier Pilates and Training:
Get Motivated and Achieve Your Ideal

NEW YORK, New York – September 2009 Pilates is not as easy as it looks, but that does not mean you can't do it! Now you can "Achieve Your Ideal", according to the mantra of Premier Pilates and Training, a studio located in Hoboken, New Jersey. What is Pilates exactly? Pilates is a trusted art for the body and since its inception, has produced undeniable results for millions of people around the world, helping followers work with the body's natural composition in order to emerge less tense and more flexible. Pilates is so effective because of its ability to work the core, or "powerhouse." It is proven to create leaner muscles by combining strength and flexibility training and helping to align your spine. Pilates also helps to increase oxygen circulation, improve posture and sculpt a body to envy!

Meghann Koppele, Owner and head trainer of Premier Pilates, is most certainly a pilates expert. According to Meghann, *"Since teaching my first Pilates class in 2002, I've made training clients my top priority. Opening Premier Pilates and Training, with my personal philosophies as its foundation, is the realization of a lifelong dream."* With an impressive and extensive list of credentials (Meghann earned a Master of Arts in Health Promotion/Education from Columbia University and a Bachelor of Science in Exercise Physiology from the University of Scranton), Meghann's educational background sets her apart from the competition. As a member of the National Strength and Conditioning Association and a Certified Strength and Conditioning Specialist, Meghann also specializes in pre and post-natal training, reduction of lower back pain and sports-specific Pilates - testament to the versatility of Pilates as a discipline. The small class sizes allow each client to garner the personal attention they may need, whether they are a beginner or a dedicated Pilates goer.

The benefits of Pilates are certainly undeniable. Pilates is a way of gaining both strength and aesthetic beauty; the many top celebrities who do Pilates are testament to that. It does not matter

what you wish to achieve. Whether it is losing those last few pounds to fit into a new dress or trying something entirely different from your normal exercise routine, as long as you are committed and motivated! Premier Pilates challenges you to see what you are made of and truly gain respect for every muscle and curve of your body.

Meghann and the entire Premier Pilates and Training team encourage you to push yourself out of your comfort zone and try Pilates. You never know, you may just find an exercise regime for life! It is time to take the next step and "Achieve Your Ideal" with Premier Pilates.

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For more information, please visit <http://premierpilatesandtraining.com/>