

PRESS RELEASE: For Immediate Release

Pilates4Fitness Movement Space offers a FREE Class Week – August 23-29, 2010

Gina Jackson, Director/Owner, Pilates4Fitness, a new private fitness center opening in the Galaxy Mall on September 1, 2010, extends an invitation to all residents of Guttenberg, West New York, North Bergen, Weehawken and Cliffside Park, NJ to come and experience what it can feel to move freely from your core center with Pilates-based training.

On the heels of the success of Hudson County Get Fit Day, recently held in James L. Braddock Park, Jackson announces another FREE event, extending the activities to the full week of August 23 -29, 2010. The week's events will highlight the class offerings available at the Movement Space and continue to serve and support First Lady Michelle Obama's "Let's Move" initiative in the fight to address the threat of childhood obesity.



The Pilates4Fitness Movement Space will provide group fitness class programs for children, adults and active senior adults for the week long promotion.

Jackson, who has been teaching and coaching Hudson County residents in health and fitness for more than ten years states, "Each group class presented during the week will be a full 55-minute class designed to move each and every participant fully and completely thru every muscle and fiber of their body. It is my hope that by providing an open, free and full introduction to the array of class offerings, more community members will be encouraged to regularly participate actively in a fitness regimen of their choosing."

"It doesn't have to be done in the Movement Space, but we all need to consciously move with attention and intention much more often. This is my contribution to helping people change their attitudes and lifestyles toward fitness, health and movement."

The Pilates4Fitness Movement Space offers authentic Pilates training using the studio apparatus and floor mat classes in addition to functional body resistance training with TRX Suspension, resistance bands, balls and BOSU tool training. Yoga classes for adults and children are also listed as regular class offerings.

In addition, to early morning Pilates Mat, the schedule offers three (3) noon hour scheduled classes for adults and active seniors. First Come, First Into to the studio, space is limited to 10 persons per class. Personal Pilates/Yoga Mats are required and recommended.

For more information contact: Gina Jackson, 201-305-0270 or gina@pilates4fitness.com.

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