

**FOR IMMEDIATE PRESS RELEASE**  
**Attention All Hudson and Bergen County Residents**

***Pilates4Fitness Movement Space Opens At The Galaxy Mall, West New York, NJ***

Pilates is experiencing an explosion in this country. A huge list of celebrities who follow this “mind to control the muscle” method have spoken out about the benefits, including, Jessica Biel, Jamie Lee Curtis, Gwyneth Paltrow, Giants cornerback, R.W. McQuarters, Madonna, Hugh Grant, Halle Berry, Oprah and John Cleese. Now, residents of Hudson and Bergen County can join the stars in Pilates fitness movement at a new studio space opening up in West New York, NJ on September 1, 2010.

"I am excited, proud and happy to share my unique Pilates movement programs for staying physically active while preserving and restoring optimal health," said Gina Jackson, Director/Owner, Pilates4Fitness Movement Space, a private fitness center opening before Labor Day at the Galaxy Mall, located at 7000 Boulevard East, Suite 6A, in West New York, N.J. Beautifully and comfortably decorated, and open to adults of all ages and fitness levels, the facility is easily accessible to public transportation and offers free, validated parking.

"This has been my dream for a number of years. I know that long-term vision was key to how easily everything has come together, at the right time, in the right place," said Jackson, a NY Power Pilates Certified Teacher, who has been coaching/teaching Pilates and fitness in Hudson and Bergen County for more than ten years. As the demand for “the Jackson Method” of training outgrew her previous location, it became obvious that a new, larger studio was the next logical step.

Jackson designed a broad schedule of classes developed to move, challenge and strengthen every body type, at any age, using core-centric principles of strength and control. The space is small and intimate, thus maximizing the quality of attention provided to each student. Class sizes will be small, and the variety of training options are huge, such as:

- **Private, Semi-Private Classical Pilates;** using Pilates studio equipment/apparatus to strengthen and lengthen muscles as you re-train the mind/body connection and improve posture, alignment and balance.
- **Small Group Pilates Mat;** a daily offering of floorwork mat classes involving props, toys and challenge tools that will fire up that core powerhouse.
- **TRX Core & Pilates Training for Golfers;** core strength is crucial to every athlete. Pilates principles of control, concentration and core-centered movement in tandem with the TRX Suspension Straps are helping golf athletes and enthusiasts change their game with Jackson's coaching/training.
- **Ballet Barre Fusion** - A personally designed program that infuses the use of classic Pilates movements, ballet barre and TRX Suspension straps, Jackson has turned sagging bodies, arms and butts into lifted, strong, taut beauties. Using a 10-ft barre to work in tandem with the TRX Suspension straps, the variety of these two movement tools *is unprecedented and unavailable anywhere else.*

- **Lunchtime Pilates Mat** - targeted specifically to the owners, businesses and staff of the surrounding area to provide a healthy movement break once or twice during the week. Too much sitting, too little movement results in too much weight, too little concentration and too many compressed joints. Instituting this class will help to facilitate moving the body and refreshing the mind.
- **Boot Camp with Pilates Movement** utilizes balls, resistance bands, stability balls, TRX Suspension straps and of course the Bosu, to get class participants to work like never before. Jackson says, "If you think sweating only happened in the gym....wait! All things are possible in this class." After all as a boxer, gymnast, innovator and body worker, Pilates said, "change happens thru movement and movement heals."

All classes have package discount incentives built into the reservation selections. **Classes & Schedules** are available online at [www.pilates4fitness.com](http://www.pilates4fitness.com).

For more information contact: Gina Jackson, 201-305-0270 or [gina@pilates4fitness.com](mailto:gina@pilates4fitness.com).