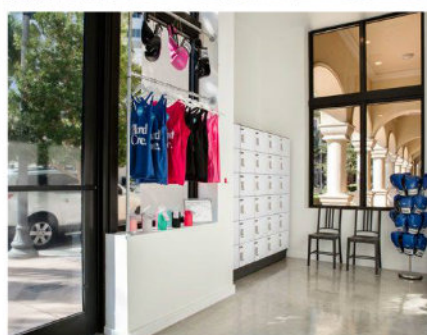
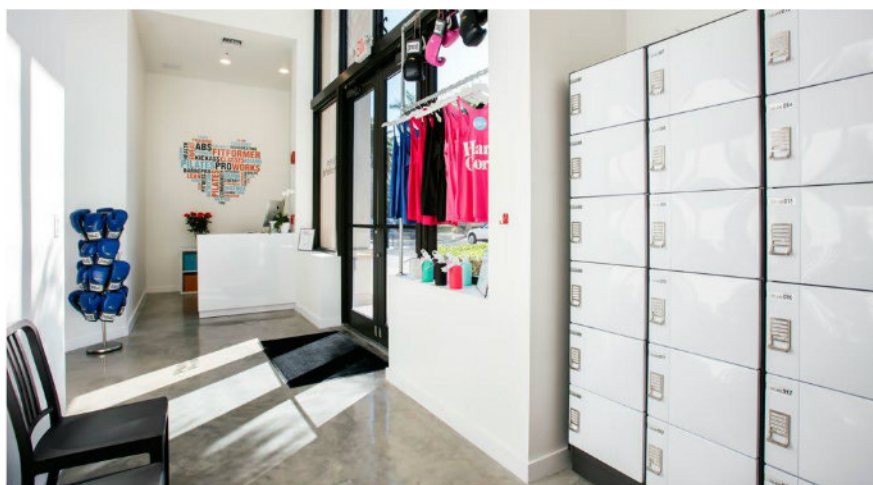


# In the Studio

## Pilates ProWorks Miami is here to get you beach body ready

Words by Pilates ProWorks® • Photo Credit: Scott Baker Photography



A sexy new fitness studio has arrived in Miami, promising to shake up the local scene with inventive Pilates classes that will excite fitness buffs and novices alike. Pilates ProWorks, a concept centered on the fundamentals of classical Pilates with a modern, innovative twist, is now open for kick-ass classes daily in a sleek and stylish studio in the heart of Coral Gables' Miracle Mile neighborhood.

The spacious Pilates ProWorks Miami offers an upscale and upbeat fitness environment equipped with 12 custom-designed FitFormers™, adaptable Pilates machines designed for an all-in-one full-body workout, as well as a dedicated room for matBox, the brand's latest class offering that combines kickboxing, Pilates and yoga into one powerful 55-minute session. The studio's namesake class, Pilates Pro, delivers a powerful workout in a small group setting that combines resistance, lengthening, strength training, and cardio that will aid in weight loss, muscle definition, strength improvement, energy, and endurance and flexibility.

At the helm of the studio is owner Summer Christensen, a Miami native who has been with Pilates ProWorks since its inception. She recently and excitedly moved back to her hometown to open the studio, and says she is keen to deliver a fitness experience that provides fast-paced classes designed to raise your heartbeat, complete with upbeat and motivating music for the best overall workout for mind, body and spirit.

In addition to working up a sweat, Pilates ProWorks Miami's hallmark stems from a place of fun and support, where everyone feels like family and

workouts are done in a dynamic, community centric environment – ensuring clients leave happy and return for more.

Pilates ProWorks Miami is the brand's 14th studio, having opened its first location in San Francisco about five years ago by Oscar and Taylor Sanin. The company is rather young yet expanding at a rapid and impressive pace – they currently have studios across United States and South America including San Francisco and the greater Bay Area, as well as Chicago, Minneapolis and Bogotá. Oscar and Taylor are still actively involved in the opening of each and every studio; they worked closely with Summer and the Miami studio's skilled instructors to develop training, programs and schedules.

The storied creation of Pilates ProWorks began with Oscar's experience with a personal health crisis. After sustaining severe injuries from an accident and being told to undergo surgery, he sought an alternative recovery method – he began a Pilates regimen and was amazed by the strength and improvement he acquired in such a short period of time. Inspired, he began working with industrial designers and fitness consultants to design the FitFormer, and, soon after, an outside-the-box workout to go with it. The rest, as they say, is history!

Pilates ProWorks Miami is located at 25 Merrick Way at Aragon in Coral Gables. For new clients, the studio is offering an opening special of one month of unlimited classes for only \$99 (usually priced at \$135). Visit [www.pilatesproworks.com/miami](http://www.pilatesproworks.com/miami) for more details or to sign up! **ML**

