

BODY WORKS PILATES CELEBRATES 25TH ANNIVERSARY WITH TWO SPECIAL EVENTS
“Pilates in the Plaza” and “A Day with Diane”
are scheduled for the weekend of May 5 and 6

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Body Works Pilates and its owner Kyria Sabin Waugaman are celebrating 25 years in business with a free event for the public during National Pilates Day Weekend, May 5 and 6.

Led by a certified Pilates instructor, “Pilates in the Plaza” will be held outdoors in St. Philips Plaza near the Body Works studio at 1980 E. River Road on Sunday, May 6, from 10-11 a.m. Body Works welcomes both studio regulars and area residents who are new to the Pilates Method to participate in this Fundamentals session, which is designed to introduce the work and demonstrate how Pilates can change lives through guided exercise and movement. Participants should wear workout attire and bring a yoga mat and may expect to be in bare feet or socks on the mat. Fletcher braided towels will be supplied by the studio for use during the session.

A second special event, “A Day with Diane,” will feature visiting Pilates Master Diane Severino leading floor and reformer work on Saturday, May 5 from 10 a.m.-5 p.m. Ms. Severino is well known for her unique approach to the Method, which seamlessly combines her Pilates studies with Ron Fletcher with the technique of famed dancer Martha Graham. Fees and other pertinent information are available at both Body Works locations. The savings that result from early registration end April 1.

Ms Waugaman said, “I am grateful to the Tucson community for embracing Body Works Pilates during the past 25 years. When I opened Body Works in 1993, it was the only Pilates studio in southern Arizona outside of Canyon Ranch. I soon had a following from all over Tucson, Oro Valley, Tubac, Sierra Vista, and even Phoenix. We now have students from around the world visiting Tucson to study with us. As Body Works Pilates enters its 25th year in business, the company continues to provide impeccable customer service and a superior skill level through our expert teaching staff who are all fully educated through the Fletcher Pilates School and certified by the Pilates Method Alliance (PMA). It’s been an amazing journey and I can’t imagine a more supportive community than this one!”

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About Kyria Sabin Waugaman, PMA®-CPT: Master Pilates Teacher, Kyria Sabin Waugaman, is trained in the methods of Joseph Pilates and Ron Fletcher. She founded Body Works Pilates in Tucson, AZ in 1993 and is now director of two local studios at 1980 E. River Road and 11901 N. 1st Avenue in Oro Valley. Ms. Sabin Waugaman is also founder and director of Fletcher Pilates®, an international Pilates school. A graduate of Duke University, PMA Certified Pilates Teacher, and licensed massage therapist, she has served on the boards for The Pilates Method Alliance, The University of Arizona School of Dance, and the Foundation for Expanding Horizons. More about Joseph and Clara Pilates, Ron Fletcher and the origins of the Pilates Method is at: <http://www.bodyworkspilates.com/pilates/about-fletcher-pilates>