



Angelie started her Pilates training in 1988 due to severe Scoliosis and continued her Pilates training throughout her professional dance career. Angelie has performed and taught with numerous professional ballet companies throughout the United States including Colorado Ballet, Milwaukee Ballet, Aspen/Santa Fe Ballet, Dayton Ballet and Kansas City Ballet.

She currently holds the highest level of national certification in the Pilates Industry; a PMA Pilates Gold Certification®. She was one of the first individuals to obtain this status. She was originally certified by the PhysicalMind Institute in New York City in 1999 and became a Certifying Instructor/Teacher Trainer for them in the spring of 2003, certifying numerous Pilates trainers throughout the United States.

In addition, she has completed the Core Dynamics Teacher Training under the tutelage of Michelle Larssen.

She has completed continuing education courses in Pilates through DK Body Balancing and Polestar. She holds a Bachelor of Science degree in Human Resource Management. She holds an additional certification as a Personal Trainer from the Aerobics and Fitness Association of America. She is a member of IDEA Health and Fitness Association and is the owner/founder of Team Pilates® an Educational/Training Organization Member of the Pilates Method Alliance®. Team Pilates® offers continuing education courses in the Pilates Method and Bosates®, as well as private sessions on the Pilates equipment, mat and standing work.

TEAM
pilates®

WHAT CAN PILATES DO FOR YOU?

Dramatically improve your fitness by teaching you how to use your core strength, allowing you to move in a more efficient and healthy way.

Analyze and correct your movement patterns and habits.

Ease the pressure on your lower back, hips, shoulders and knees.

For more information on Private Sessions or our Certification Courses, please visit us at: www.team-pilates.com

A SHORT HISTORY OF PILATES

90 years old...Pilates is a tried and true form of exercise used to correct imbalances in the musculature, lengthen and strengthen muscles, improve the range of motion in the spinal column and joints, and reeducate movement patterns and posture.

Pilates will mold your musculature through guided strength and flexibility exercises. You will learn how to use muscle memory in order to educate your body to move properly. The work is designed to ease the pressure from your lower back and joints by utilizing the strength of your core and by maximizing your range of motion.

WHO IS PILATES FOR?

Athletes who want to improve their balance and coordination.

Individuals desiring better posture with longer and stronger muscles.

People seeking relief from lower back pain or those suffering from Chronic Fatigue.

Men or women with Neuromuscular disorders, Fibromyalgia, Rheumatoid Arthritis, Osteopaenia and Osteoporosis, Kyphosis and Scoliosis.

SERVICES

PRIVATE SESSIONS

Includes: Gait analysis and postural evaluation followed by movement reeducation through Pilates mat and apparatus work.
1 to 1.5 hours \$65 - \$85

PACKAGES FOR PRIVATE SESSIONS

5 hours \$275
10 hours \$500

PARTNER SESSIONS (2 people max)

1 hour (price per person) \$35
1.5 hours (price per person) \$45

HOME MAT WORK EXERCISE PLAN

Includes:
3 Private Sessions (\$165 value)
Video and handout (\$50 value)
Personalized Home workout (priceless)
Package Price \$195

CANCELLATION AND NO SHOW POLICY:

Cancellations must be made at least 48 hours in advance in order to allow us time to re-book the appointment. There will be a \$10 charge for a "no-show" appointment that will be added to the next visit. We reserve the right to refuse service to a client who has three or more "no-show" appointments.