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## ActivCore Master Training Center Information

Midwest Master Training Centers  
{tab=McEntire Pilates, MI}

After rehabilitating his own injuries with original Band and Ball exercises, Trent McEntire used what he discovered to dramatically revamp both traditional and contemporary Pilates. He created a Pilates program that is specifically designed to provide more benefits for a wider population of people.

Trent McEntire spent 10-years developing McEntire Workout Method, a program that dramatically broadens the practice and teaching of Pilates, and specifically designed to allow everyone to experience the benefits of Pilates regardless of age or ability. In addition to managing a thriving studio in Rochester, Michigan, Trent spends his time teaching and lecturing in universities, clinics, athletic clubs and studios throughout the United States, and is the current President of the Pilates Method Alliance (PMA). Trent was also the first certified ActivCore FEX Master Instructor.

{tab=Mindful Movement, IN}

Mindful Movement Studio, a

6000 sq ft facility, opened in 2005, is committed to helping their clients achieve and maintain optimum health by focusing on functional movements through Pilates, Yoga, Gyrotonic, ActivCore and Cycling in classes and private sessions. Mindful Movement offers over 50 classes weekly, in Mat and Equipment Pilates, Yoga and Cycling. Private and duet sessions are offered in Pilates, Yoga, Gyrotonic in addition to Activcore FEX.

Miriam loves the study of movement and loves to teach. Opening Mindful Movement Studio, a place where she is able to work with all types of bodies, nurturing posture awareness and optimum body health was a dream come true.

{tab=Body Endeavors Pilates, IL}

Pictures Coming Soon

Founded in 1997 by Liv Berger, Body Endeavors LLC. boasts 3,000 sq. feet of space with some of the best trainers and therapists in Chicago practicing Pilates, ActivCore FEX, Massage Therapy and MAT.

Liv has a BA in Dance from the University of California at Irvine in 1993. She acquired a Pilates Certification through Romana Kryzanowska and attended the Chicago School of Massage Therapy. In 2002 Liv became a Teacher Trainer with Power Pilates of NYC, and then in 2009 added ActivCore FEX to her repertoire and studio offerings. Liv is proud to be a training center for both ActivCore FEX and Power Pilates today!

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## East Coast Master Training Centers {tab=Pilates on Fifth, NY}

Pilates on Fifth occupies two spacious rooms on the 22nd floor as well as the sunlit penthouse in a landmark building at 501 Fifth Avenue, at 5th Avenue and 42nd Street. In addition to ActivCore FEX, the nearly 4,000 square foot facility holds Pilates and GYROTONIC® equipment, cardio machines and a comfortable room for enjoyable, diverse mat and small equipment classes.

Katherine and Kimberly Corp are former Radio City Rockettes, owners of Pilates on Fifth in Manhattan and creators of UltimatePilatesWorkouts.com. They are committed to spreading the joys of fitness and Pilates to all!

## {tab=Studio Lotus, GA}

Founded in 1998, Studio Lotus is Atlanta's most established Pilates studio. With two locations, Studio Lotus is a full-service studio providing not only Pilates, but also Kettlebell and ActivCore instruction. Studio Lotus is known for innovation as it was the first Power Pilates Affiliate Training Center and is excited to be one of the first 10 ActivCore Master Training Centers.

Davidson and Danielle are the owners of Studio Lotus and Studio Lotus at Atlanta Ballet. Davidson has almost 20 years of Pilates experience and combines an astute eye for detail and the biomechanics of movement with a profound understanding of the Pilates method. As a Power Pilates Senior Teacher Trainer, Davidson travels and leads Pilates certification programs and continuing education workshops throughout the U.S. and internationally. Davidson is PMA Pilates certified and lives in Decatur with his wife, Danielle, and his son, Matthew.

{tab=Back & Body Pilates, MA}

It is the mission at the Back and Body Studio to help each client meet their unique goals. A small class dynamic allows Back and Body to tailor each workout to the individual. It is incredibly important for Back and Body that their clients are comfortable in their own body, and have an alternative to a life of chronic pain. They assist their clients by teaching functional movement and healthy posture.

Mary, the owner of Back and Body Pilates Studio, has been working with clients since 1987. A long time fitness professional, she is a member of both The American College of Sports Medicine and The Pilates Method Alliance. Pilates and rehabilitation have shaped Mary's life as she strives to bring both fitness and wellness to people of all ages, shapes and sizes.

{tab=Pilates Wellness Center, NJ}

Information about Pilates Wellness Center Coming Soon

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West Coast Master Training Centers

{tab=Core Conditioning, CA}

Core Conditioning achieves excellent results for a wide range of conditions — from neck strains to foot injuries. At Core Conditioning you will find comprehensive treatment for:

Back & neck pain, Spinal injuries, Hip, knee & shoulder conditions, Foot & ankle injuries, Prenatal & postpartum conditions, Post-hysterectomy rehabilitation, Work, sports & performance injuries, Pre- & post-surgical conditions, Chronic pain/fibromyalgia

Core Conditioning starts with hands-on therapy to establish correct posture and body mechanics and combine it with state-of-the-art modalities. Treatments work with, not against, the natural functions of the body to relieve pain and promote healing. Core Conditioning provides:

Whole-body rehabilitation & strengthening, Fully equipped Pilates & Gyrotonic® studio for rehabilitation & fitness, Soft-tissue & joint mobilization, Myofascial release, Ultrasound, Cold laser, Iontophoresis, Electrical muscle stimulation, Heat & ice therapy, Craniosacral therapy, Massage therapy

Allyson L. Cabot, PT holds a B.S. in Kinesiology from UCLA and graduated with a B.S. in Physical Therapy from California State University of Long Beach in 1991. She is a certified ActivCore FEX and Neurac® Master Instructor, and is Pilates and Gyrotonic certified.

Dawn-Marie Ickes, MPT holds a B.S. in Biology from Loyola Marymount University and graduated with a Masters in Physical Therapy from Mount Saint Mary's College in 1996. She sits on the national Board of Directors for the Pilates Method Alliance. She is a certified ActivCore FEX and Neurac® Master Instructor, and is Pilates certified.

Gabrielle Shrier, MPT holds a B.S. in Kinesiology from UCLA and graduated with a Masters in Physical Therapy from USC in 1994. She is a certified ActivCore FEX and Neurac® Master Instructor, and is Pilates and Gyrotonic certified.

{tab=Core Kinetics, WA}

Core Kinetics Movement & Pilates is the largest Pilates studio north of Seattle, offering over 25 group classes each week as well as private Pilates and Gyrotonic training. The studio is also an official instructor training center for Balanced Body University, offering comprehensive Pilates teacher training and certification programs. Core Kinetics Pilates has recently added locations in Anacortes and Blaine, WA, offering private and small-group Pilates training.

Carolyn Watson is the owner of Core Kinetics Movement & Pilates, and is a Polestar-certified Pilates practitioner, who has been teaching Pilates for over ten years. She is an instructor trainer for Balanced Body University Faculty, and holds a Master of Science in Human Movement and Performance from Western Washington University. She was a competitive distance runner for over 20 years, and specializes now in assisting runners of all ability levels refine their running gait and correct faulty movement patterns.

{tab=Pilates Santa Fe, NM}

Information about Pilates Santa Fe Coming Soon

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