

Nominate Pilates for Life for Star Local Media's Readers' Choice Award

Allen – Pilates for Life needs your nomination to be chosen among the best of the best for Star Local Media's Readers' Choice Award.

We are a community of high-quality businesses, and as business owners, we strive to be your choice for private and class Pilates, Tai Chi, Yoga, and Barre Fusion. Show your appreciation by nominating us as the best **Gym or Fitness Facility** in Allen.

Through the Star Local Media Readers' Choice program, readers can nominate and later vote for their favorite businesses, which will be honored in a special congratulatory section that will run Jan. 28-31.

Pilates for Life has been providing private and group Yoga and Pilates classes for beginners and advanced students alike throughout Texas for more than 10 years now. Our diverse group of trainers and practitioners offers more than 20 years of experience to help clients utilize everything needed to overcome an injury or get back in shape including osteoporosis classes, group classes, Tai Chi, Barre Fusion, and Bodhi suspension classes.

Have you heard about how Pilates for Life got started??

Cathy Baldasserini, the owner of Pilates for Life in downtown Allen, literally danced her way into Pilates. It all started when she was an officer of the Plano East drill team, "I loved it so much I went on to major in dance at the University of Oklahoma," she says. That led to a scholarship to the renowned Martha Graham School of Contemporary Dance in New York City. It was there she was introduced to Pilates. "The school highly recommended we pursue Pilates to build strength, flexibility and an awareness of body positioning." ...visit us at <http://pilates-forlife.com/studio-origin> to read the rest of our story!

An online nomination form is available at starlocalmedia.com/readerschoice for customers to nominate their favorite business in a variety of categories. The top three nominees in each category will be included as finalists on the voting ballot, which will run through the month of December and determine the overall winner.

Make the choice to nominate Pilates for Life as this year's Readers' Choice winner in Allen's **Gym or Fitness Facility** category today!



starlocalmedia.com/readerschoice

About Star Local Media: Star Local Media, a subsidiary of 1013 Communications, owns and operates community newspapers in Allen, Plano, McKinney, Frisco, Celina, Rowlett, Mesquite, Little Elm, Carrollton, Coppell, Lake Cities, Lewisville, The Colony and Flower Mound.