

Pilates Spaces & Stories

Around the world, our Pilates community overflows with beautiful spaces created for clients, and inspiring success stories about bringing Pilates programs to life. Balanced Body is delighted to share the best with you. We are proud to announce our 2008 Grand Prize winners in our Share Your Space and Share Your Story contests. Winners receive a \$1,000 USD gift certificate from Balanced Body.



Grand Prize Winner: Creative Design

Agility Studio Carlsbad, California

Agility Studio started as a small, empty space adjacent to a bookstore and blossomed into a 1000 sq. foot space, overtaking the retail space formerly occupied by the bookstore. But with a remodel which included re-wiring, re-painting, and re-decorating, owner Rana Kennedy created an amazing and creatively designed space! Using earth tones and natural materials, such as wood and bamboo, she created a soothing, serene environment where people enjoy working and working out. She also added water elements, candles, and wall art to complete the zen vibe of the studio's interior. Instead of building walls, Rana creatively hung curtains and laid area rugs to segment areas of her studio, which include a main room for five Reformer/Towers, a Reformer/Trapeze Combination® in its own space; a Spin room where a chair, a barrel and an IQ® Reformer reside; plus a mat room; and a retail/reception area. A fresh coat of exterior paint, a garden in the courtyard, and the addition of a porch swing made the studio into a sanctuary of tranquility.

