

Pilates Bliss – Strength, Flexibility and a Balanced Life

Catherine Bailey believes in balance. And it's her mission to extend a helping hand to kindred souls who share her dedication to achieving an active, balanced life. To actresses and neighborhood mothers, she is a highly regarded exercise guru. To professional football players, she is a coach. And for others, she is a lightning rod for their continued vitality and health.

As the director of Pilates Bliss in Sarasota, Baily has been a thought-leader and ongoing presence on the exercise scene. She helps women and men strengthen their abs and firm up their rears. Her thoughtful, experienced approach to exercise works wonders with those who have injuries in need of healing, and she is the lifeline to new mothers in search of their elusive former physical selves.

“I have one client who just gave birth and Pilates is helping her get back into the shape she loves very quickly. It's the perfect exercise for post and pre-natal women because it's low or no impact, she says.

Baily has lots of believers, a local physician among them. He has been exercising at Pilates Bliss two days a week to strengthen his abdominals. And it's not just for vanity. “I recently had major back surgery and since I have been going to Pilates Bliss my abs are stronger than they've ever been and my overall golf game has improved nicely,” he says.

Baily takes her Pilates career as seriously as her students. Her training includes certification and professional Pilates training in New York and Los Angeles.

Although Baily is small in stature, she looms large in many of her clients' lives. “I have been doing Pilates with Catherine for three years and I am in the best shape of my life,” says one client.

Baily also works with entertainers who come to her in search of perfection. After a few months of her finely honed Pilates training skills, one actress lost 10 inches. “I have been helping one client train for television appearances, and we have been working together four days a week. In a short time, she has flattened her abdominals, tightened her derriere and really toned her entire body up.”

Other clients see Pilates Bliss as a multi-purpose work-out facility. “I have one client that enjoys her experience here so much that she is throwing herself a party here. We are catering in crudités and fresh juice, and after the Pilates class everyone will be treated to a mini Thai massage,” explains Baily. This rather Zen form of recreation is the latest in a long line of celebrations in the name of fitness rather than excess. And what better way to celebrate life than to revel in its most hypnotic therapies.

Another reason everyone gravitates to Pilates Bliss is the open inviting space and congenial atmosphere. “We took a tip from Feng Shui to design a studio as balanced as the discipline we teach. We specifically wanted it to be a space where everyone felt their best,” Bailey notes.

Class size also is limited to ensure personal attention, and individual instruction is available.

Pilates is a wonderful way to improve posture, increase flexibility, strengthen abdominals and reshape muscles. It is also easy on knees and joints and even safe for those with hip or knee replacements.

Not only is the equipment spanking new, but the studio is sparkling thanks to a crew that ensures the highest standards of cleanliness on an ongoing basis. When people leave, they not only feel taller, stronger and more powerful. They feel thoroughly rejuvenated . . . like they have indulged in a revitalizing mini-vacation during a busy day.