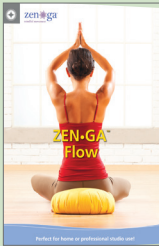


THE 2012 PILATES STYLE DVD AWARDS

MINDFUL ZEN•GA FLOW

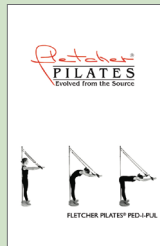


INSTRUCTOR: PJ O'Clair is a master instructor trainer for Merrithew Health and Fitness.
LEVEL: all
EQUIPMENT: mat and cushion (optional)

In a graceful leap, the principles of the Stott Pilates method combine with elements of dance and yoga for a floor-based moving meditation that strengthens, lengthens and quiets the mind. Ahhh...

46 minutes, \$14.95
 Merrithew Health and Fitness
www.merrithew.com

APPARATUS DEBUT FLETCHER PILATES PED-I-PUL



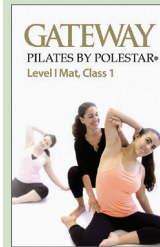
INSTRUCTOR: Only an off-camera voiceover is heard, but Fletcher Pilates director Kyria Sabin is the instructor.
LEVEL: Knowledge

of Ped-i-Pul basics is essential
EQUIPMENT: Ped-i-Pul

Never before has a DVD workout been produced on the Ped-i-Pul, an apparatus originally designed by Joseph Pilates and refined by the late Ron Fletcher. One look at how to operate this versatile and fun piece and you're hooked.

30 minutes, \$25
 Fletcher Pilates Inc.
www.fletcherpilates.com

BEGINNER GATEWAY PILATES BY POLESTAR: LEVEL 1 MAT, CLASS 1



INSTRUCTOR: Polestar senior educator Shelly Power is based in Coral Gables, FL.
LEVEL: beginner
EQUIPMENT: mat

This is the essential primer for all the mat basics. Why? Because a course designed by Polestar founder Brent Anderson and revered instructor Shelly Power is guaranteed to help novices perform moves accurately, avoid injury and develop a lifelong passion for the practice. This is the first class in a series of four.

20 minutes, \$19.95
 Accord Productions
www.polestarpilates.com

BETTER FROM BEHIND MARI WINSOR'S LOWER BODY PILATES



INSTRUCTOR: Master Pilates instructor Mari Winsor, who trained with Romana Kryzanowska, is the owner of two Winsor Pilates

studios in Los Angeles.

LEVEL: all
EQUIPMENT: mat

Winsor shares her celeb-shaping secrets to help whittle the waist, hips, thighs and glutes with three "uplifting" 20-minute floor-work routines. If your bod is heading for a downward spiral (literally), this will help lengthen and strengthen everything that slumps.

60 minutes, \$14.98
 Gaia
www.gaiam.com

PRENATAL SLIM & TONED PRENATAL BARRE WORKOUT



INSTRUCTOR: Classically trained in the Lotte Berk Method, Suzanne Bowen is the creator of BarreAmped and is based in Nashville.
LEVEL: all

EQUIPMENT: chair, light hand weights, mat

Naysayers who think pregnancy and exercise don't mesh will be inspired as Bowen and her very pregnant student deftly whiz through lower- and upper-body moves, cardio sculpt and stretch. Nutrition and bounce-back tips take expectant moms through delivery and beyond.

70 minutes, \$16.99
 Bowen Productions LLC
www.suzannebowenfitness.com

DANCE TRACEY MALLET'S FUSE DANCE CARDIO LEAN



INSTRUCTOR: Master BASI Pilates-certified instructor Tracey Mallett is the co-owner of ATP Specific Training and Physical Therapy in Pasadena, CA.
LEVEL: all

EQUIPMENT: mat

Mallett knows how to infuse femininity, sexiness and sass in her workouts without apology. And why should she? Once you get into her groove, you'll burn bundles of calories, tone from tip to toes, and develop "attitude" with her creative combo of ballet, jazz and, of course, Pilates.

57 minutes, \$19.99
 ATP Fitness Productions
www.collagevideo.com

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