

# PILATES FOR BUFF BONES®



## JOE & CLARA INVITES Readers of CTW to Take One Free Class in February

Pilates for Buff Bones® is a medically endorsed workout that combines Pilates with bone-strengthening and balance techniques to optimize the health and safety of your bones. It is now available in 15 countries around the world and JOE & CLARA in Westlake Village is excited to bring this life changing program to the Conejo Valley.

Joe & Clara's Athletic Director, Romina Laygo, was interested in adding a program specific to bone health and was pleasantly surprised to learn that there was a specialist right next door.

Taught by Aggie Winston, a certified Pilates for Buff Bones® Instructor, this one hour mat-based exercise program is performed in different positions including standing upright for weight-bearing and balance training.

"Pilates for Buff Bones® is a full body toning workout," explained Aggie, adding that it's safe for those with osteopenia or osteoporosis, or anyone concerned about bone density.

"But this is not just a class for older people. It is a truly revolutionary, challenging, fun and adaptable class for all ages and levels, including beginning to advanced participants." said Aggie, who has been teaching Pilates for more than a decade and is also a PMA® Certified Pilates Teacher.

The workout follows a research-supported design of specifically sequenced exercises, making it an entire system of bone and joint health. Classes are open to the public and include all mats and equipment.

Pilates for Buff Bones® offers people a realistic and safe way to take charge of their diagnosis, or help take steps earlier in life to prevent osteoporosis. It also offers a bridge to doing movements and a daily practice that will improve one's overall fitness level to improve his/her condition beyond taking medication.

This program was developed by 37 year old Rebekah Rotstein, who created Pilates for Buff Bones® after she was diagnosed with osteoporosis when she was 28 years old.

"Pilates for Buff Bones® has helped me feel stronger and more capable and the feedback I get from people everywhere is the same," said Rebekah, who lives in New York City.

"This workout gives people the opportunity to feel empowered again and recognize that they can in fact move, use their bodies and are not weak physically nor emotionally," she said. "And after just a few classes they see and feel the results of improved strength and balance which encourages them to continue."

**JOE & CLARA**  
Pilates Inspired Health Club

To sign up for the free class visit [joeandclara.com](http://joeandclara.com) to make a reservation.  
For more information contact Aggie Winston at 805-768-4711 or [info@bodysolveit.com](mailto:info@bodysolveit.com).