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East Grand Rapids Business Leader Receives Rare Certification

East Grand Rapids, Michigan, May 27, 2008, Ahmé Bovée, Pilates Master and Founder of *Pilates in East* became only the 7th Michigan Pilates Instructor to pass the prestigious Certified Pilates Teacher exam according to the Pilates Method Alliance.

According to the PMA Ahmé is the only Grand Rapids based PMA certified teacher.

The Pilates Method Alliance, the only not-for-profit professional Pilates organization in the United States, has committed to establishing the highest standards for competency in the Pilates profession. According to the PMA less than 5% of the 16,000 Pilates instructors in North America have been certified. Few gym or health club Pilates instructors even have the training or experience to apply to take the exam.

Bovée opened *Pilates in East* in September 2007 when she moved to Grand Rapids from Guelph, ON, Canada where she was Founder and Studio Director of *Pilates in Guelph* for seven years. Ahmé hosted the popular daily television show *Pilates on Rogers* from 2003-2007. The show continues to run weekly in encore presentations.

Pilates taught correctly provides substantial health benefits including improved posture, reduced back pain, neck pain, and headaches, and improved overall quality of life.

“Pilates in East provides group class and private one on one instruction for beginners to elite athletes”, notes Bovée. Private instruction uses specialized equipment such as a Reformer, an apparatus that provides advanced movements for committed students seeking to get the most from their Pilates workout.

“I love sharing my passion and expertise with clients, adds Bovée. “My philosophy is simple; everyBODY Loves Pilates.”

About Pilates in East, LLC

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