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ways to strengthen their muscles. If one way doesn't work, another one will.

Sway credits Pilates with her abdominal recovery after two cesarean sections because she strengthened her core. She says, after taking Pilates, people realize how many bad habits they have and they quickly learn the importance of good posture and a strong center. That is why Sway says, some people turn away from Pilates, because it is so focused on body awareness.

"Pilates is for everybody; but not everybody is ready for Pilates," she says.

There is no doubt the method is growing all over the country, and Memphis is no different. Six years ago, no one in **"Pilates is for everybody, but not everybody is ready for Pilates..."** There is no doubt the method is growing all over the country, and Memphis is no different. Six years ago, no one in Memphis taught Pilates, now there are a handful of locations

Memphis taught Pilates, now there are a handful of locations. Pilates of Collierville is another fully equipped center. Owner, Marsha Bloss, a Pilates and ballroom dancing instructor, opened the center two and half years ago. Marsha says everyone gets into Pilates for different reasons. Some reasons her clients have given are to reduce stress, rehabilitate an injury, to tone and lose inches and even to enhance athletic performance.

"There are so many good things about it," Marsha says.

Whitney Hodges, 39, owner of a job-recruiting service, has taken classes from the Pilates Center of Ballet Memphis for five years. Once a sufferer of chronic back pain, Hodges sought Pilates out because she read it relieved back pain and improved posture. After taking it, not only did it help her back, but she soon noticed more strength and definition in her muscles.

"I think it's a fabulous addition to anybody's overall fitness plan," she says. "It's particularly helpful as you get older to help posture and muscle structure. As gravity pulls us down, Pilates pulls us back up." ■