



EQUIPMENT. COMMUNITY. EDUCATION.



Movement changes people's lives

That's what Joseph Pilates, the creator of the Pilates method, believed, and he wanted it known. He made newsreels, published books, and would talk to anyone, anywhere, about his exercise. Joe even wrote letters to the Kennedy administration asking them to include his exercise method in Kennedy's plan with the US Council on Fitness. He truly wanted all people to see how his exercise could transform a person's body and spirit.

We want that, too.

Our mission is for everyone to realize the incredible health benefits of "exercising with your brain" with Pilates or other forms mindful movement.

If you are a fitness professional or clinician we know that the relationship you have with your customers means everything, and we want you to have exactly what you need to succeed. If you are a home user our goal is to help you discover a better way to move through life. Whether it's equipment, education, information, or business services, Balanced Body is here for you.



Our Pilates equipment includes a full line of:

- » Reformers
- » Chairs
- » Props and accessories
- » Trapeze Tables and Towers
- » DVDs, books and manuals
- » Barrels and Arcs

Other mindful movement equipment includes:

- » CoreAlign®
- » Orbit®
- » Cardiovascular equipment

Equipment

Over the years Balanced Body® has been on a quest to create the most safe, effective, and beautiful equipment in the industry. Our equipment works with all body sizes, and with different Pilates and mindful movement disciplines. Whatever your background – contemporary, traditional, or somewhere in between – we have equipment you'll be proud to own.

Who inspires us? You. Since 1976 we've collaborated on our designs with Pilates educators, studio owners, fitness facility managers, physical therapists, athletic trainers and home users from around the world.

This collaboration has led to hundreds of improvements to Pilates' original equipment, many of which have become industry standards. It's also led to an industry-leading 26 U.S. patents for innovations, with more patents pending. And it allows us to create custom equipment with a variety of options, so you get the broadest configuration of options available.

Today, we make our hand-crafted equipment in an energy-efficient, state-of-the-art 85,000 square-foot facility in Sacramento, California.



Education

As your partner in mind body fitness we want you to learn and grow with programs that develop your mind, your body and your career. From instructor training to our renowned Passing the Torch™ mentorship and Pilates on Tour® continuing education conferences, we are committed to supporting your personal and professional growth.

Balanced Body® education programs include:

- » Balanced Body Partner Programs (a wide range of workshops designed to deepen your skills as a mind body fitness practitioner)
- » Passing the Torch
- » Comprehensive Pilates Instructor Training
- » Pilates on Tour Conferences
- » Balanced Body Workshops
- » CoreAlign® Instructor Training

Whether you are just starting your teaching journey or looking for inspiration along the path, Balanced Body is here to provide you with information and guidance. With over 200 educators worldwide, we can help you become a top notch Pilates instructor, or expand your skills through continuing education workshops and conferences.

Our ultimate goal is to help you become a confident, creative and inspiring teacher.



Community

The foundation of a strong community is based on its roots. Its legacy is dependent on people of different backgrounds working toward a common good. Nowhere is there a better example of this than in our Pilates and mindful movement community.

It is amazing to see how the modern Pilates community has taken shape, from a small group of a dozen teachers 30 years ago, to one of the fastest growing forms of fitness on our planet today.

For all of us in this community, it's about movement and how it can change people's lives. We're all partners in this and when you do well, we do well, so we want you know you have our unwavering support.

We're a diverse bunch – different nationalities, different styles, perhaps even different philosophies. But the big picture remains the same. We are all trying to make this world a healthier place. Whether it's our own health, a friend's, or a client's, we've made a conscious decision: we believe in Pilates and mindful movement and the life-altering benefits they can bestow.

We are proud to be an advocate for this diverse, wonderful community.



HOPE

FAITH

STRENGTH

Philanthropy

“The more you give the more you get.”

That’s our mantra and we view corporate philanthropy as a key component of our social responsibility. And since our business philosophy centers on being agents of positive change, we look for ways to take that philosophy beyond our company walls.

The company and employees actively participate in many charitable efforts throughout the year, including events with the American Heart Foundation, the American Cancer Society and others.

We’ve also made equipment donations to those in need and have contributed financially to many area schools. Even the wood we don’t use is donated to local art programs.

Corporations really can be a force for good and we want to be a catalyst for other companies to take a more active role in helping out our fellow man. After all, the healthier our customers are the healthier our businesses will be.



Founder and CEO Ken Endelman at our business park's 20-acre solar panel field.

A Commitment to the Environment

At Balanced Body we want to leave this planet in better shape than when we found it.

By creating and implementing green manufacturing alternatives we hope to inspire our customers, partners and competitors to do the same.

Most recently, we are excited to announce that forty percent of our energy consumption is now solar powered. Other environmentally-friendly practices we have adopted include:

- » Recyclable shipping alternatives: cardboard pallets and crates
- » Recyclable packing materials
- » Specialized technology that maximizes lumber yield and reduces waste
- » Energy-efficient facility: 40% of our power is solar, all light fixtures emit lower energy, 52 skylights installed to increase natural light
- » Sustainably harvested lumber for all wood products

Durability of equipment ensures less waste. If we all push the companies we buy from to produce natural products with environmentally safe business practices, we can achieve tremendous results!

Let's Talk

So much of what we do is based upon our interaction with all of you. Have a question? Concern? Idea? We're all ears. Call us at 1-800-PILATES or +1-916-388-2838, or send us an email at info@pilates.com.

You can also reach us via Facebook and Twitter.

Together we are changing lives for the better. We're proud to be a part of that.







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