

The Pilates IQ Reformer – Perfect for Home Users

Always wanted a reformer at home but didn't think you had the room? Meet the Pilates IQ, a complete reformer that sets up in seconds, then stores away under a bed or upright in a closet. With its sleek design, professional features, easy storability, and affordable price, the Pilates IQ is perfect for home users who are short on space. The Pilates IQ also comes with a free 40-minute instructional video/DVD.

For more information on the IQ, please visit <http://www.pilates.com/iqreformer.html>.

Half Trap Bracket Kit – Convert your Reformer into a Half Trap Combination

Available January 2006. You will soon be able to add a half trapeze to any existing wooden Balanced Body Reformer! Adding a half trapeze to the head-end of your Reformer, gives you virtually a whole new piece of equipment to work with and a new world of exercises to explore. If you need to work on alignment or symmetry in motion, but you can't fit another piece of equipment into your home or studio, this retrofit is for you!

To reserve your Half Trap Bracket Kit, call 1-800-PILATES.

New Catalogs are Coming!

Balanced Body's new catalog will be available in just a few weeks with a whole different look and lots of exciting cutting edge products - including new equipment, accessories, music, clocks (yes, clocks!) and much more! Keep a look out for it when the end of November rolls around.

You can pre-order the new catalog by calling 1-800-PILATES and talking to a Balanced Body Customer Service Representative.

BBI in Ink

Balanced Body and CEO Ken Endelman will be prominently featured in a wide variety of publications during the next few months. Check out:

- "How to Get Your Male Membership into Pilates" in the October issue of Club Solutions magazine.
- "Pilates and Athletes" in the October issue of Training and Conditioning.
- "Pilates and Older Adults" in the November issue of Personal Fitness Professional.
- An interview with Ken on the evolution of Pilates in the November issue of Athletic Business.
- "Help! I Need a Pilates Instructor" in the January 2006 issue of Fitness Management.

Visit www.pilates.com to view the complete collection of Balanced Body editorial.