

Total Health and Wellness

Q & A with Pilates Studio Director Ahmé Bovée

Ahmé Bovée is the founder and studio director of Pilates in Guelph and host of Pilates on Rogers Television seen daily on Cable channel 20.

Q: Wow, your studio has come a long way since you started it over 5 years ago. I understand that you have moved the studio to a new location, added a retail boutique and also provide instructor certification.

A: Yes, it has been a lot of work. But I love what I do and I believe in it. The most rewarding thing is seeing the results. We have hundreds of success stories at the studio, that's the main reason why our studio has thrived.

Q: When you opened the studio Pilates was relatively unknown. Why do you think it has become so popular?

A: I think today, more than ever, people are ready for a paradigm shift. Pilates focuses on quality not quantity. It is a method that recognizes the connection of mind and body and how they both need to work together for true balance.

Q: Where do you see Pilates in Guelph in the next 5 years?

A: Our dedication to education is the focus for the future. Our vision at Pilates in Guelph is to be a leader and educational resource in our community. We are dedicated to pursuing excellence in both the art of teaching and the science of exercise. We believe that by sharing the benefits of health and wellbeing we can create a "ripple effect" throughout our community that will last for years to come.

Q: What is the most common reason that people come to your studio to try Pilates?

A: There are many reasons but the one common element is that they have heard good things about how Pilates has helped a friend, colleague or family member. Pilates addresses many common issues; poor posture, flabby abs, neck tension, back pain. If you want to look and feel your best, try Pilates!

Pilates in Guelph and the Centre for Professional Pilates instruction is located at 109 Surrey St. E.

Visit online at www.pilatesinguelph.com
or call 829-2928

