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Fuse Pilates Partners With Movember and Provides the Secret for a Better Golf Swing

WASHINGTON D.C. (November 7, 2011) – In an effort to change the “Pilates is only for chicks” mentality, Fuse Pilates Playground located in DC’s Dupont Circle, is partnering with the Los Angeles-based men’s cancer organization, Movember.

Fuse Pilates DC will offer specially scheduled classes in November and December challenging men to attend and encouraging women to bring their husbands, boyfriends, brothers, fathers and/or male friends to class. During these months, 100% of proceeds from each Pilates for Movember class will be donated to the organization to support prostate cancer and other male cancer initiatives. Fuse will demonstrate that Pilates offers a plethora of strength, balance and core benefits that men strive to find in other workout methods.

“Like most illnesses, prostate cancer affects not only men, but their friends and family as well, so it is important to help find a cure and spread the word about detection and treatment. Movember is a fun way to bring awareness and raise money for research and education,” says Jocelyn Murray, instructor and Movember organizer for Fuse Pilates in DC. “Pilates is fantastic exercise for all populations: men, women, the elderly, dancers, football players, yogis, everybody. Pilates can help men in the same ways that it helps others, by strengthening the core, correcting muscle imbalances, improving posture and creating a strong toned physique.”

A Movember men’s health fact states that approximately one third of the 571,950 cancer deaths expected to occur in men will be related to obesity, physical inactivity and poor nutrition, and therefore, can be prevented. Because Fuse Pilates style is more intense than the traditional Pilates mat, more calories are typically burned in a one hour session than the average Pilates class.

Incorporating Pilates into a weekly regimen is a healthy way to improve mood, increase energy and manage weight, it also helps to prevent injury, as well as lessen recovery time from existing injury, surgery or over training. Pilates will increase strength, focusing on the core mid-section of the body where all balance is generated. Improving balance can help with a variety of activities, including: a golf swing, the ease of a morning run, or a heavier deadlift. Patience is key and well worth it because just two weeks of Fuse Pilates classes and the body will begin to feel and show the difference.

The Fuse Pilates Movember classes will be held on Sun., Nov. 20 and Sun., Dec. 4, both at 5:30 p.m. For more information on the Movember Foundation visit: us.movember.com, and for

the Fuse Pilates DC Playground schedule of classes, boot camps and personal training, visit: www.fusepilates.com.

About Fuse Pilates

Fuse Pilates, developed in 2005 by fitness expert Mariska Breland, builds on traditional Pilates exercises and teaching styles with an original, fun, and highly effective twist on Pilates mat and apparatus classes. Prompted by the growing popularity of the Fuse Pilates method, Breland partnered with Roxanna Hakimi and Sormeh Youssefieh to open the Fuse Pilates Playground in Washington DC's trendy Dupont Circle neighborhood in June 2011. Each Fuse class is different, uniquely customized to student requests and choreographed to upbeat music. Classes offer an intense yet approachable method of mat, tower, reformer and chair instruction, along with private coaching and wellness counseling for beginner to expert levels. Fuse Pilates' highly trained and experienced instructors concentrate on 360 degrees of the body to shape and create beautifully-toned physiques while promoting overall health and wellness. To learn more about Fuse Pilates visit <http://www.fusepilates.com/>.

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