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Web 160: Writing for the Web
Assignment 8: News Posting

New Apprentices at Metropolitan Pilates

September 1, 2011

This fall Metropolitan Pilates welcomes four new apprentices enrolled in the M.A.T. Pilates Certification Program. They come from different walks of life and are ready to start their apprenticeship journeys. The teacher training program will go until next summer, when all four apprentices will clock over 700 hours at the studio and will undergo the most rigorous Pilates teacher training in the US. Please welcome:

Theresa Marie

Most of you already know Theresa Marie from our front desk. Theresa has been a Pilates practitioner for the last 8 years. She is a certified orientation and mobility specialist for the Edmonds school district. She teaches blind individuals to travel independently using a white cane. Theresa wants to be certified in the true classical Pilates method and has chosen Metropolitan Pilates because of its reputation.

Ray Luong

Ray is a trained acrobat who was with Cirque de Soleil for 8 years. He's been performing with Teatro Zinzanni in San Francisco for the last 3 years and will star in their winter show in Seattle. Ray started Pilates because he was intrigued about how Pilates could change his body. He told us he sought out the best Pilates training and was willing to go anywhere in the world to get it. He chose Metropolitan Pilates after researching different programs.

Annie Potter

Annie has been a Pilates student at Metropolitan Pilates since 2006. She quit her engineering job at Boeing in order to pursue her Pilates certification. She has always been an athlete and have participated in softball, soccer, ultimate Frisbee and cycling. She played ultimate Frisbee at the national and international level since age 14. She has been taking Pilates at Metropolitan Pilates since 2006 and believes that the studio provides a high quality of training and dedication to its clients.

Lenore Hogue

Lenore has relocated to Seattle from Telluride, CO, to apprentice with Dorothee at Metropolitan Pilates. She was a figure skater in the 1970s, touring with Holiday on Ice and teaching at Kent State University in Ohio. Lenore says that Pilates is her new found passion. She wants to be an instructor and chose Metropolitan Pilates because it was recommended as being the best!

This new group starts the apprenticeship on September 18th and you will be seeing them at the studio between 9am and 3pm on weekdays.

About Metropolitan Pilates

Metropolitan Pilates is an authentic Pilates studio in Seattle, WA, offering private and semi-private sessions, group classes, teacher certification and continuing education. Our Pilates workouts are designed to build strength, control, and flexibility. We are located in the University Village shopping center next to Crate & Barrel.

For more information visit www.metropolitanpilates.com or email us at metropolitanpilates@msn.com.