



▲ Owners Katie Zell and Summer Grow (bottom left) teach traditional Pilates and Ped-a-lates in a high-energy environment.

# A REFRESHING APPROACH TO PILATES

INTRODUCING PED-A-LATES, A COMBINATION  
OF SPIN AND REFORMER PILATES

The moment you step inside Wave Pilates—a full-service studio with burnt orange walls, exposed ceilings and pulsing music—a surge of energy takes over. Owners and instructors Katie Zell and Summer Grow take a distinctive approach that puts any preconceived notions about Pilates to rest.

“We practice traditional Pilates, but we approach it differently, with more energy and fun than your typical trainer,” says Katie. “It’s definitely a higher intensity level. You’re going to sweat and feel results almost instantly.”

In addition to classic Pilates workouts, Wave is the first studio in the Bay area to offer Ped-a-lates, a 60-minute class with the first 30

minutes dedicated to spinning and the last 30 minutes dedicated to Pilates on the reformer, for an even more intense cardiovascular workout. Whether you’re an avid exerciser or you’ve never lifted a dumbbell in your life, Pilates is a challenging form of exercise that can improve your strength, flexibility and coordination, with a constant focus on core conditioning. Some clients say they feel leaner and taller after just one session.

“Regardless of a client’s age or fitness level,” says Summer, “we focus individually on his or her strengths and weaknesses and tailor a workout to ensure their goals are being met.”

*Wave*  
PILATES

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