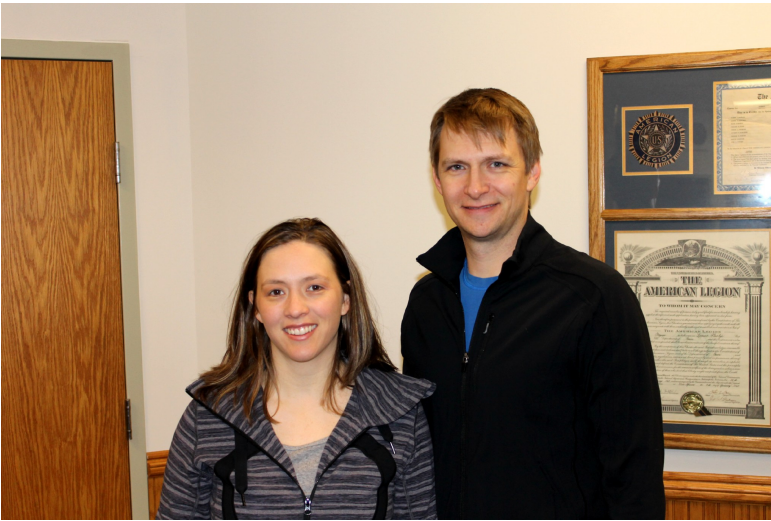


## Treynor Fitness and Pilates



Wendy and Bob Andersen talked at the Optimist Club on January 28 about a new business they are investigating for Treynor, called Treynor Fitness and Pilates. They are looking for a location to begin, preferably 1500-4500 square feet. They would like to open it around May 2012.

Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. The Stott Pilates method was developed in the 1980s and is constantly refined in collaboration with physical

therapists, sports medicine, and fitness professionals, to ensure it is aligned with current scientific and biomechanical research.

Wendy is a certified Stott Pilate instructor trainer. She was an owner in Victory Human Performance, Inc for 10 years in Lincoln and has owned the Pilates Center of Omaha for three years. She has a B.S. in Education and a Masters in Exercise Science.

Bob graduated from Treynor High School. He has a B.S. in Exercise Science and a B.S. in Psychology with a minor in coaching. He is completing his degree as a licensed Pharmacist.

Bob and Wendy Andersen are motivated to open a new center in Treynor. They spelled out a variety of plans for the center in Treynor, depending on the size of the space they can utilize. They can be contacted at [wendy@victorypilates.com](mailto:wendy@victorypilates.com) and [bob@victoryhpc.com](mailto:bob@victoryhpc.com)