

# NEWS RELEASE



## Waterford at Harwood Groves

FOR IMMEDIATE RELEASE

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### **Waterford Health & Fitness Club offering Hydro-Pilates™ certification to fitness instructors**

Local fitness instructors are invited to attend a Hydro-Pilates certification class being held at Waterford Health and Fitness Club on Saturday, June 25 from 10 a.m. to 5 p.m.

The Waterford Health and Fitness Club is working with Ann Anthony of Hydro-Pilates™ to bring this certification opportunity to Fargo. Interested instructors should go to [www.hydropilates.com/certification](http://www.hydropilates.com/certification) or contact Mark Minette, Waterford Health and Fitness Center director, at (701) 526-1055 for more information.

The intensive lecture-workshop is designed to help instructors develop the skills necessary to teach this method of traditional Pilates and yoga moves combined with an aquatic dimension. Participants will earn 6.0 AEA continuing education credits. Cost for the class is \$225 per participant. The class is appropriate for fitness professionals with some prior aquatic or land training experience.

#### **About Hydro-Pilates™**

Hydro-Pilates™ are nonimpact strengthening and stretching movements that require precise breathing and muscle control. The mind-body focus and precise movements use moves from yoga, modern dance and gymnastics.

Ann Anthony, class director of The Biltmore Hotel in Coral Gables, Fla., is the creator of Hydro-Pilates™. She has 17 years of experience in the fitness industry. Her classes are popular at [The Biltmore Fitness Center](#) and have been featured on *Deco Drive*, *Telemundo* and *Univision*. Hydro-Pilates™ has been highlighted in many spa and fitness magazines. For more information, visit [www.hydropilates.com](http://www.hydropilates.com).

#### **About Waterford at Harwood Groves**

Waterford at Harwood Groves opened in 1998 and recently completed a \$13 million expansion and remodel. The retirement community offers a range of homes and lifestyles. The Waterford Health & Fitness Club is open to people over 40, and features a variety of fitness options.

Later this year, Waterford is changing its name to Touchmark. Because Waterford already is part of the Touchmark family, everything but the name remains exactly the same. The name change is being phased in throughout 2011. For more information, visit [www.WaterfordFargo.com](http://www.WaterfordFargo.com).

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