

Pilates Cardiocamp celebrates 12 years in Los Altos

Written by Town Crier Report

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Michelle Melendez established Pilates Cardiocamp in Los Altos in 2001, and after a dozen years, her fitness business continues to thrive.

"I picked Los Altos because of the clients I had here," said Melendez, who has earned 10 trainer credentials, including Pilates coach, senior balance and spin. "I've stayed because it's a beautiful location with all the surrounding hills we utilize for our workouts. It is wonderful to teach here."

Melendez developed Pilates Cardiocamp, scheduled weekdays at Christ Episcopal Church of Los Altos, after teaching exercise boot camps and other forms of fitness for more than five years. She identified a need for better core training and flexibility among participants and became certified in Pilates in 2001.

Over the years, Melendez has built a loyal customer base.

"Our clients are like family," she said. "I've been invited to weddings, anniversaries and funerals. To move out of Los Altos would mean leaving family."

Pilates Cardiocamp focuses on training men and women to tone and firm their bodies in indoor and outdoor settings.

Los Altos resident Elena Shea has participated in Pilates Cardiocamp for nearly a decade.

"Michelle is an incredible fitness instructor whose classes are motivating, interesting and challenging," Shea said. "She mixes things up and is up-to-date on the latest trends and exercises. I have been taking classes with her for almost 10 years, and they are still fresh each time."

New participants may attend their first week of class at no charge.

For more information, call (866) 339-4438 or visit www.pilatescardiocamp.com.