



Pilates Studio 1 - One of the Best Kept “Health, Happiness & Well Being” Secrets in Palm Beach County

Press Contact
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(West Palm Beach, FL – November 20, 2013) Renowned ballet dancer and owner of Pilates Studio 1 on the South Dixie Highway corridor in West Palm Beach, Maria-Angeles (“Marian”) Llamas started the Pilates Method in 2000 as part of her professional ballet training. Pilates is a series of controlled exercises engaging your mind and body. The focus is on the abdomen, back, shoulders and buttocks to fully support the torso, enabling the rest of the body to move freely. She instantly fell in love with Pilates, as she immediately saw her body change with stronger, longer, leaner muscles. Marian and her team of the highest caliber, certified instructors find it extremely rewarding seeing clients’ body transformations. Their clients are amazingly diverse, ranging from pregnant women, golfers, athletes, dancers, cancer patients and survivors like Marian’s husband, to even those with osteoporosis, stenosis, and postural issues.



Marian Llamas, owner & certified instructor - Pilates Studio 1



Damir Kukec, cancer survivor, Pilates Studio 1 client, and Marian’s husband

Marian’s world turned upside down when her husband, Damir Kukec was diagnosed with Leukemia and needed heavy chemotherapy and a bone marrow transplant in 2010, right after the birth of their daughter. Even though the chemotherapy and transplant were successful, his muscles completely atrophied from his multiple hospital stays. Marian and her instructors began helping Damir recover to a better state of “health, happiness & well being.” They used none other than the method they knew best - the Pilates Method - and there was success once again! Damir states:

“I continue to benefit from the therapeutic nature that Pilates provides at Pilates Studio 1. The movement lifts my spirit and strengthens my muscles! Not only does it restore my natural posture and make me feel taller, it also improves my emotional well being by reducing the fear and anxiety from the seriousness of my condition.”

About Pilates Studio 1:

Pilates Studio 1 is a boutique Pilates studio serving clients primarily from West Palm Beach, Palm Beach, Wellington, Lake Worth, and Palm Beach Gardens. For 13 years, they have been bringing health, happiness and well being to each and every client – from a simple mat class to a personalized private session in a fully equipped studio. Their instructors are of the highest caliber and have undergone extensive certification programs and continuing education in the field of Pilates. Their goal is to learn your story, style, and vision, and then design a Pilates lifestyle that fits your needs. Their mission is to get your body into shape, healthily and safely. Here’s to a healthier, happier you!

Pilates Studio 1 Contact Information

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