

## FOR IMMEDIATE RELEASE

Media Contact - Jennifer Wolff

[jwolff@dmbclubs.com](mailto:jwolff@dmbclubs.com), 480.444.9336

### Restorative Pilates Debuts at Gainey Village Health Club

*Enables breast cancer survivors to reconnect with their  
physical strength and rebuild self-esteem*

**Scottsdale, AZ October 1, 2011** Gainey Village Health Club is proud to announce the launch of Restorative Pilates, in conjunction with Breast Cancer Awareness Month.

Restorative Pilates ([restorativepilatesprogram.com](http://restorativepilatesprogram.com)) has been created in combination with the Pink Ribbon Program ([pinkribbonpilates.com](http://pinkribbonpilates.com)) and helps the breast cancer survivor by offering strength, self-esteem and quality of life following surgery. The major areas of concern when surviving breast cancer typically include body image, frozen shoulder and/or decreased range of motion, depression and anxiety. Restorative Pilates addresses all these concerns.

Niece Pecenka, developer of Restorative Pilates, is a Certified Pilates Instructor at Gainey Village and is one of only three instructors certified in the state of Arizona for the Pink Ribbon Program.

Pilates requires mindful movement, which helps support the physical and emotional recovery that takes place following breast cancer surgery. The Program will help stretch and strengthen the shoulder, chest, back and abdominal muscles, allowing women to regain full range of motion to those areas affected by breast cancer surgery.

“If you or a loved one has been affected by breast cancer, the Restorative Pilates Program can help restore beyond the physical rehabilitation” says Niece Pecenka, “it can truly change life in a positive way, instilling confidence and inspiring hope.”

Studies indicate a link between moderate physical exercise and improved quality of life for all cancer survivors. The post-rehabilitation class at Gainey Village is open to all breast cancer survivors whether their surgery was eight weeks ago or ten years ago. Restorative Pilates will help restore vitality and movement in all levels of fitness and is dedicated to promoting a healthy lifestyle and a positive body image to all breast cancer survivors.

Restorative Pilates will be ongoing and will offer very small group classes and or privates based on the clients needs and schedule. For more information on the program contact Niece Pecenka at [npecenka@dmbclubs.com](mailto:npecenka@dmbclubs.com).

**About Village Health Clubs & Spas** - Village Health Clubs & Spas are owned by DMB Sports Clubs and operate as high-end, family-oriented health clubs and spas in the Phoenix metropolitan areas. Beginning in 1976, Village Health Clubs & Spas has grown to 4 clubs in the Phoenix area: Camelback Village, Arcadia; DC Ranch Village, North Scottsdale; Gainey Village, Scottsdale; & Verrado Village, Buckeye; and provide unique experiences that positively impact people’s lives. Visit [www.villageclubs.com](http://www.villageclubs.com)

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