

Melissa Pope

Founder, Instructor



Melissa, a Charlotte native, first became aware of Pilates at the *Spoletto Festive* in the late 1980's. She became a fully certified instructor in 1994 and opened **Alternative Fitness** in 1995.

A former dancer, with a back injury, Melissa found Pilates provided the relief and rehabilitation she needed when nothing else short of surgery worked. Thus began her mission to pass on the Pilates healing benefits to others.

Her extensive background and longevity on the Pilates scene has earned her a reputation for optimizing her clients options to deliver the most beneficial health and fitness results.

Melissa enjoys most the variety Pilates offers—It's universal appeal to many different types of clients, how it can be so gentle and rehabilitative or it can be such an intensive body conditioning, and gives people the tools to change their bodies.

In addition to being a fully certified instructor, Melissa holds a bachelor's degree in dance education and psychology, along with experience teaching anatomy / kinesiology at UNC-Charlotte, and dance at Queens College, UNC-C, and Winthrop College.

When not in the studio, Melissa enjoys dance and yoga.

Alternative Fitness Pilates Studio
"It's not just a class...It's an education"
200 N. Sharon Amity Road Suite B
Charlotte, NC 28211
www.AltFitPilates.com



**Charlotte's First
Pilates Studio**

**Teaching Pilates
Since 1995**

*"It's not
just a class...
it's an education."*™

— **Melissa Pope**
Founder, Instructor

Benefits of Pilates

- Strengthens deep core muscles of the body.
- Can relieve back pain
- Can alleviate stress and stress related disorders
- Improves muscle tone and joint flexibility
- Lengthens the body and decompresses the spine (Many people claim they gain an inch in height.)
- Improves posture by correcting the body's coordination, balance, and alignment
- Stimulates the circulatory system and oxygenates the blood
- Increases body awareness
- Helps heal injured tissue
- Helps prevent Osteoporosis (brittle bones)

"I get excited about Pilates! I actually look forward to going because Melissa is an incredible teacher. I've had six back operations for a sciatic nerve issue that started 40 years ago. I've tried self-hypnosis, physical therapy and acupuncture. I have less pain now! Pilates has accelerated my healing process."

– **Dr. Tim Cloninger**
Oncologist

Bonus of Pilates

Although clients can benefit cosmetically from toning and strengthening with Pilates, **Alternative Fitness** emphasizes the ageless-timeless health benefits through corrective and preventive Pilates exercise.

Pilates at **Alternative Fitness** can:

- Help reduce joint pain and lower back pain
- Improve performance in other activities by correcting muscular imbalances
- Increase overall body strength and improve flexibility
- Benefit any age and any level of fitness
- Strengthen core muscles in order to improve posture and every day function

"Melissa has helped me beyond belief! Since I started Pilates in 1997, I have not had a serious injury resulting from my work. The stretching and strengthening achieved with Pilates helps me maintain my busy schedule as a professional dancer with a healthy body and balanced mind." – **Kati Hanlon Mayo**

Principle Dancer NC Dance Theatre

"We are so lucky to have Melissa Pope here, she is a master teacher. I started Pilates due to a lower back ache and found relief immediately! Now it's a lifestyle for me."

– **Lee Rose**

Former Hornets Assistant Coach

**Call Today To See
What Pilates Can Do For YOU!**

Alternative Fitness

Providing a safe and effective workout for all our clients is paramount at **Alternative Fitness**. Our instructors have completed a rigorous, comprehensive certification process.

Classes Offered

Pilates Mat Classes:

Beginner, Intermediate, and Advanced

Each class building on material learned in the previous class. Modifications for each exercise ensures everyone is able to execute the movement within his/her own capabilities.

IM+X®: Integrated Movement Exercise". For students who have completed Intermediate level Mat work. By permission of instructor only.

Pilates For Runners: Geared toward specific needs of runners, adding extra stretching and correcting specific muscular imbalances.

Reformer Class: Add challenge to your Pilates workout! Open to clients who have had Mat class experience and no injuries.

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