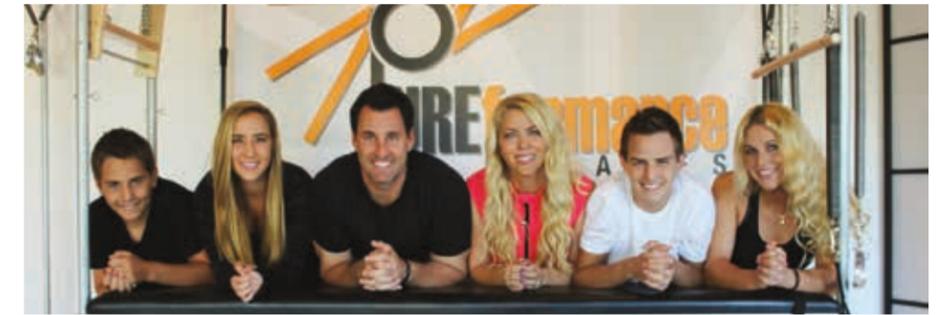




# COMMUNITY IMPACT II



Cade, Cayla, Mark, Wendi, Dane and Savannah Cunningham



## WENDI CUNNINGHAM

### Foothills Mom Opens PUREformance Pilates Studio

By Stephanie Hayden

If someone told Foothills resident Wendi Cunningham ten years ago that she would own her own state-of-the-art Pilates studio one day, she probably would have laughed. Although the beautiful, energetic wife and mother of four has always been a competitive athlete -- and has a degree in Exercise Science and Physiology from ASU -- having four children in six years took an enormous toll on her body. "When my youngest was three, my pelvic floor collapsed, among other internal medical issues that pushed my body to the brink," Cunningham says. "The search for healing began in earnest."

Cunningham went to a physical therapist who suggested she try Pilates because she had a weak core, "And my life hasn't been the same since!" she beams. "It was hard work, but the result of living a pain-free life came faster than I thought," she says.

Cunningham was so amazed by the results she got from working out on Reformers, Cadillacs and other Pilates' apparatuses, she decided to become a certified instructor. It's a job she's held for the past five years. "The thing I enjoy most is helping others connect to their bodies to help them live a life with quality," Cunningham says. "Pilates builds strength from the inside out and works the entirety of your muscles between your shoulders and your hips (your Powerhouse). It takes you right where you are and improves your overall sense of how your body feels and functions," she says.

Working under the tutelage of world renowned Pilates instructor Chris Robinson, Cunningham says she felt ready to open her own boutique studio this year. She had a hugely successful grand opening in March, where she proudly displayed her top-of-the-line Gratz equipment. PURE-

formance is the only full Gratz studio in the entire state of Arizona.

But beyond the awesome equipment and her gorgeous new studio, Cunningham is passionate about offering an exercise program that truly changes people's lives. "The vision I have always had for PUREformance Pilates is a more personal, fun, safe place to come exercise and connect," she says. "I give no one an excuse not to try Pilates as I offer the first 30 minute session free of charge!" she smiles.

PUREformance Pilates is located at 9030 S. McClintock Drive, Suite 102 in Tempe, 85284 (Just south of the Basha's on Warner and McClintock). Go to [www.PUREformancePilates.com](http://www.PUREformancePilates.com) to sign up for classes. For individual sessions, contact Wendi at [Wendi@PUREformancePilates.com](mailto:Wendi@PUREformancePilates.com) or call 602-377-0604.