



AN EXPERIENCED METHOD

KENDRA JORDAN

Owner of Karve Studio

When Kendra Jordan moved to Arizona in 2004 from California, she didn't realize how hard it would be to find work as a Pilates instructor. She was shocked to find there were no Pilates studios in Mesa. Rather than falling back on her prior career in sports rehabilitation, Kendra took matters in to her own hands. She purchased the six major pieces of Pilates equipment she needed and began teaching clients out of her home.

Today, Kendra owns and operates arguably the most beautiful and fully-equipped Pilates studio in the Valley ... right here in Mesa. "I really wanted to build a quality facility that people could enjoy without having to drive all the way to Scottsdale." But that's not the most exciting part of her story. While visiting her parents in California, Kendra discovered a studio called "The Dailey Method" that taught a unique, intense, and extremely effective class that has a loyal following. "I have been involved in the health and fitness industry for over a decade, and I have never seen such a loyal following or such an effective class as this one." The change in the bodies of the women who were taking these classes was amazing. As an experienced Pilates instructor, Kendra rarely found a workout

that challenged or interested her more than Pilates. But this class really targeted every body part in just one hour while also fully stretching each muscle and providing a cardiovascular challenge. After a few classes, Kendra was hooked, and pursued training in the technique in order to introduce it to Arizona under the namesake "Karve."

The Karve class provides an intense workout that develops the long, lean muscles of a dancer. No other class at a gym can compare to the precise, sequenced system that uses light weights, straps, balls, and ballet barres for leverage. "Women who are busy and really want to get the most out of every last minute of their workout really love this class because it is all they need in just one hour." There is no need for additional cardio or weight training sessions if a client attends 3 to 5 times per week.

With the combination of Pilates, and one of the country's hottest growing fitness techniques, k Pilates and Karve Studio plan to continually set the standard for quality and ingenuity in the name of fitness. S