

When you regain your health and energy, you'll never want to let it go. If you do Pilates just 3 or 4 times a week, for 3 months, your body development will approach the ideal, accompanied by renewed mental vigor and spiritual enhancement that feels so good, Pilates will become a lifelong habit.



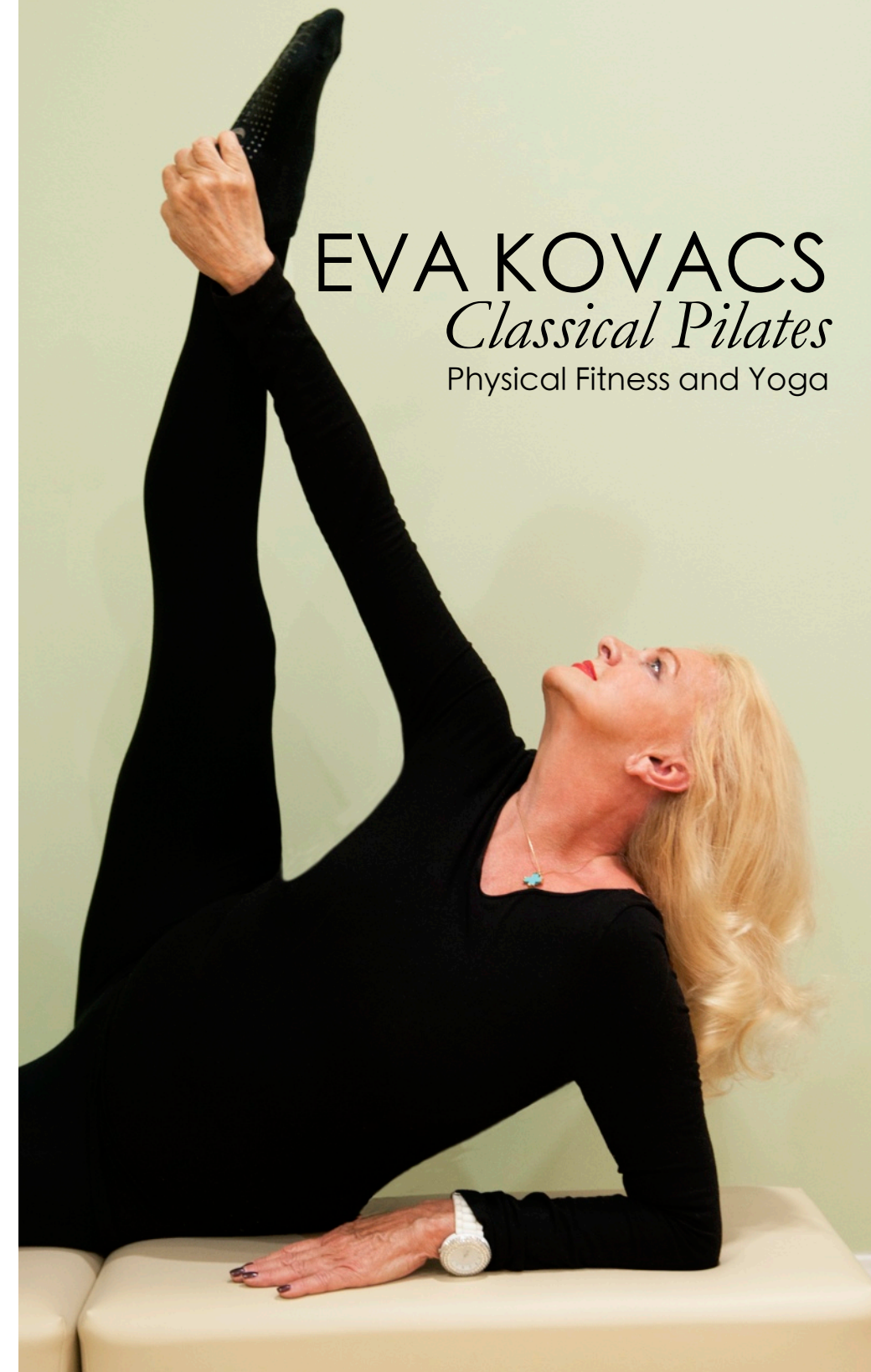
**EVA KOVACS**  
*Classical Pilates*  
Physical Fitness and Yoga

4789 Vineland Ave.  
Toluca Lake, CA 91602

Phone: 818-769-3330  
Cell: 818-903-6073  
Fax: 818-761-0482

[www.evakovacs.com](http://www.evakovacs.com)  
[www.nutrikon.com](http://www.nutrikon.com)  
[www.evakovacsclassicalpilates.com](http://www.evakovacsclassicalpilates.com)

**EVA KOVACS**  
*Classical Pilates*  
Physical Fitness and Yoga



# ABOUT EVA

Eva's credentials and experience in the field of physical fitness and body contouring have a deep history that goes back all the way to her childhood, growing up in Soviet-occupied Hungary. At the age of six, she was chosen from thousands of children to become a Prima Ballerina for the Bolshoi Ballet in Budapest. At an early age she developed a deep understanding of control, isometrics, core strength, and lean-muscle strength versus bulk building.

Forced to flee during the Hungarian Revolution, Eva immigrated to America and continued to dance at the Royal Academy of Ballet under the direction of Alicia Markova in *Swan Lake*, *Coppelia* and *Giselle* among others. She captured the titles of Miss World International, Miss Florida, Miss World Queen of Posture & Physical Fitness, and Miss Photogenic Universe. She became one of the first super models featured in *Vanity Fair*, *Bazaar*, "W", *Vogue*, *Elle*, *Town & Country* from Paris and Milan to New York and Los Angeles. She won a 'unique immortality' in 'Who's Who Famous American/Hungarians in World Press 1983.

Owner of the Eva Kovacs Academies in Naples, Clearwater, Indialantic and Vero Beach--Certified by the State Board of Technical Business Schools, Eva trained clients in physical fitness, yoga, nutrition, core strength, ballet, jazz, runway and photo/modeling—Eva won top Academy in the United States sending her graduates to fame, who said of her, "Eva changed my life", "Eva saved my life".

Today, after publishing *The Social Society* magazine and traveling the world coaching and developing both in business and lifestyles, with literally decades of experience under her belt, Eva is applying her lifetime of experiences and knowledge, as well as her training as a Certified Classical Pilates Instructor. She will empower, challenge and stimulate your mind and body to stay young and healthy—full with energy.



## Our Instructors

Pilates Certified, and familiar with all available exercises in the Pilates repertoire, our instructors perform moderate to advanced progressions and modifications.

## Personal Instruction

Tailored to your needs, personal instruction in private classes is the ultimate in fitness. We make house calls, because getting fit in the comfort of your own living room is just as easy for us as it is for you.



# TESTIMONIALS



"I have been exercising all my life. However, it was not until I worked out with Eva Kovacs that I finally got the results I've always wanted. Working with Eva makes me feel great, exuberant and full of vitality. She takes you and molds you into what your body needs. I am more flexible stronger in my core and have more balance

than ever. I highly recommend Eva...Do yourself a favor and call Eva! She's worth every ounce of your health and money!"

*Karen Kramer, Actress & Producer 2011*

"The Eva Kovacs Classical Pilates Method has been a motivating force in my physical health, strength and endurance. Her unique teaching blend of Pilates, mixed with ballet and yoga, has improved my body lines, curves and most importantly weight loss that helped me to regain the beauty. I am impressed with her exceptional skills as an instructor and her kind, loving and playful personality. Eva is a real pro!"



"I love Eva's classes!!! I feel great and have tons of energy. Pilates really works! If you're looking for a healthy way to be fit and improve your body—try Eva Kovacs Classical Pilates Studio, there is no one like her to change your energy and your vitality."

*Deidre Symons, Pilates Client of 4 years*



"I've learned one thing that has changed my energy and vitality for the rest of my life, and that's learning Pilates from Eva. She inspires, delivers and got me back into the shape I wanted, and will never want to be without it. You are a super woman...Eva Kovacs!"

*Erica Boldisar, Face Therapist*