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CALGARY HERALD



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Wednesday, March 27, 2013



Inside the Calgary Herald

- Home
- News
- Opinion
- Business
- Sports
- Entertainment
- Life
- Health
- Technology
- Travel
- Jobs
- Cars
- Homes
- Classifieds

The Fitness Table has strength at its core

Mario Toneguzzi, Calgary Herald
Published: Monday, October 29, 2012

As a ballerina in Montreal, Patricia Maybury was introduced to The Fitness Table Method, where exercises are done on a specifically designed table that, with different grips, makes it possible to shift the centre of gravity and work the deep musculature.

"We used to do this as part of our training as dancers to lengthen muscles, strengthen of course. Prevent injuries," says Maybury, who today operates The Fitness Table in Calgary.

"It's the reason why the athletes will come here to prevent injury and to increase their performance.



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Patricia Maybury is the owner of The Fitness Table, a studio that instructs people in exercises done on a table specifically designed to be gripped in different ways, making it possible to shift the centre of gravity.

Lorraine Hjalte, Calgary Herald

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Maybury, who retired from the Alberta Ballet as lead dancer after almost 10 years, said she enjoyed an injury-free dance career.

"It's really easy to teach something like this when you really believe in the method itself. It's not what exercises you do. It's how you do them."

The Calgary business is a licence purchased from the main studio in Montreal. Instructors are required to complete 400 hours of training before teaching the method.

Maybury said anyone aged 15 to 85 would benefit from the table, which helps lengthen and strengthen muscles responsible for alignment.

Her clients range from high performance athletes to dancers to people who simply want to improve their flexibility and core strength.

The Calgary studio has been in business for 15 years but Maybury admits it was a rough start for the first five. Now the concept has taken off.

"I have about 250 attendants a week give or take. Some people come two or three times a week. Some come once a week. That's pretty much how busy it gets. There's still some room to grow," said Maybury.

"It's growing every year which is very surprising for a small business in these times. My business has not suffered at all."

The Calgary studio includes an exercise room with 21 tables. There's also an infrared sauna and room for an acupuncturist and an osteopath.

The Fitness Table

Description: Exercise done on a specifically designed table

Established: 1997

Owner: Patricia May-bury

Employees: Four instructors and one receptionist

Location: 1130 12th St. S.W.

Phone: 403-245-9009

Website: www.FitnessTable.com

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