

Cristie Anton, Owner

Underground Pilates



Cristie Anton

Underground Pilates & Barre owner, Cristie Anton, wants us to know that they have a complete Pilates equipment studio offering workouts that are varied, challenging, and fun! However, their primary focus is to better serve clientele and they follow the Merrithew Health & Fitness™ program because of its excellent standards in education and equipment. Their mission is to teach people correct movement patterns so they get full benefit from the exercises and start to see real changes in how they look and feel.

After working out of her home for several years, Cristie realized she needed to expand into a larger space. She checked in League City, Clear Lake, and the surrounding areas, and in January 2013, she found a 1,200 square foot studio site in the heart of Friendswood that met all her needs. She chose HomeTown Center, located at 607 S. Friendswood Dr., Suite 2, to serve her approximately 100 clients.

Since opening at this location, Cristie's daughter, Kimberly, has completed all the Merrithew Health & Fitness™ training and began working at the studio in March of 2014. As a family-owned business, they are enjoying growing their successful business in Friendswood.

Cristie grew up in San Francisco, California. After graduating from high school, she moved to New York City in 1977 to pursue a career in dance. Ten years later, she met her husband, moved to Delaware and started their family. In 1998, the Antons moved to the Houston area. Cristie says, "We chose Friendswood because of the highly-rated school system, small town feeling, and friendliness of the residents." They also felt that Friendswood still had a "rural feel" that they missed from living in Delaware. Today, Friendswood has become their home and the location of their rapidly expanding business!



Kimberly and Cristie Anton



Spine Twist Kneeling