

The Pilates Movement

A Newsletter For Pilates PLUS Studio By Ernie Cole, M.S.

December 2005

Happy Holiday's from Pilates PLUS!

Gift of Fitness...

All of us at Pilates Plus would like to extend our warmest wishes to our clients this holiday season. In appreciation for your dedication to our studio and a healthy lifestyle, we would like to extend a 10% discount on all package purchases during the entire month of December. This is an unlimited offer so feel free to use it for yourself, and give the gift of fitness to someone you know.

Holiday Schedule...

In observance of the holidays, the circuit and mat classes will be canceled on Saturday, December 24th. Classes will be held at their normal times on Saturday, December 31st.

Pricing

(Including Dec. Discount)

Private 1hr Sessions:

1 session \$70
10 sessions \$650 (\$585)
20 sessions \$1200 (\$1080)

Private 1/2hr Sessions:

1 session \$40
10 sessions \$375 (\$338)
20 sessions \$700 (\$630)

Semi-Private 1hr Sessions:

1 session \$45/client
10 sessions \$400/client (\$360)

Group Mat 1hr Classes:

1 class \$15
10 classes \$120 (\$108)

Group Circuit Classes:

1 class \$20
10 classes \$170 (\$153)

Pilates Manuals...

For the past 6 months I have been creating a series of manuals for Pilates enthusiasts. With over 1400 photos, the manuals give detailed descriptions of hundreds of Pilates-inspired exercises. The equipment manuals are primarily for Pilates instructors and will be available at www.ThePilatesMovement.com. The matwork manual is great for experienced mat class participants who are looking to do Pilates mat exercises in a similar format to that done in our studio classes. It is available at the studio for \$20. The props manual depicts Pilates exercises done on a variety of small fitness equipment. It's great for clients who own any of the following pieces: magic circle, fitball, fitbands, weight balls, BOSU ball, etc. This manual is available at the studio for \$25.

Dawn & Saskia...

All of us at Pilates PLUS are happy to welcome Dawn Chen and Saskia Nora Bryan to our team of instructors. Dawn was born in Shanghai, China and grew up exposed to gymnastics and Tai Chi, as well as acupuncture. She found Pilates in 1998 and practiced for 6 years before receiving her certification through Power Pilates in 2004. After training clients at other Chicagoland studios, Dawn comes to us with a vast knowledge and enthusiasm of Pilates. She is available for private and semi-private sessions.

Saskia has been an avid Yoga practitioner for years and began taking classes at Pilates PLUS when it opened in 2002. In 2005, she underwent extensive instructor training with me at the studio. Saskia displays a great understanding of Pilates and finds teaching to be a wonderful complement to her career as an attorney.



504 W. Arlington Pl.
Chicago, IL 60614
773.871.3690
pilatesPLUSstudio.com

Circuit Class...

The circuit class will soon have new and improved signs at each station. Beginning in the new year, the signs will display photos of the exercises as well as descriptions of the movements. This way participants can move from exercise to exercise with greater ease and understanding.

Extra Info...

The studio now has 2 parking spaces in the back for driving clients. This should make transitions between client session times easier.

On an unrelated note, check out my new leash for active dog lovers at www.DogsDayOutfitters.com.

Class Schedule

Group Mat Classes

Tuesday 6:30 pm
Saturday 10:30 am

Group Circuit Classes

Tuesday 12:00 pm
Saturday 9:15 am