

The Pilates Movement

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

July 2007

Happy 5th Anniversary Pilates PLUS!

Staying Power...

Can you believe it's been 5 years? It has been such a wonderful experience watching the business grow in both qualified instructors and amazing clients, plus having such a supportive neighborhood. Pilates has also made quite a name for itself over the past few years; moving from an unknown exercise regimen, past a trendy workout, and finally reaching an ongoing mode of physical training with inevitable longevity. The benefits are undisputed and I am pleased to be offering a service with so many wonderful health gains. Thanks to everyone for 5 great years!

Pilates Clothing...

As a token of our appreciation, we will be offering a 25% discount on all of the remaining exercise apparel. Please see the clothing sale box below for current prices.

Clothing Sale!!

Ribbed Tank Top	\$11.25
T-Shirt	\$12
Long Sleeve T	\$13.50
Shelf Bra Cami	\$16.50
1/2 Zip Hoodie	\$27
Full Zip Jacket	\$28.50

Yoga Pant	\$30
Sport Pant	\$30
No-Skid Socks	\$9

does not include sales tax

Welcome Kate...

Kate started doing Pilates in 2002 due to back problems and fell in love with its benefits. Not only did her back feel much better, but her posture and flexibility improved as well as her overall wellness. In addition, Kate had been active in competitive golf, tennis, and soccer and noticed a substantial improvement in her performance thanks to Pilates. Kate made her devotion official by becoming certified through Stott Pilates and has been teaching since 2004. She has trained a variety of clients including dancers, post rehab, and athletes and loves helping others achieve their goals and reap the benefits of Pilates. Kate's educational background is in Exercise Science and the development of Non-Profit Organizations. It is a pleasure to add her to the Pilates PLUS team!

Welcome Erin...

Erin grew up in Pennsylvania and fell in love with dancing and movement at a young age. She is a formally trained dancer and holds a BFA with Distinction in Dance from The Ohio State University. Upon moving to Chicago, Erin was introduced to Pilates and discovered that the method tremendously increased her strength, flexibility, and understanding of the body. She became certified through the Pilates Method Alliance and furthered her education with a Graduate Laban Certificate in Movement Analysis from Columbia College Chicago. Erin currently teaches dance through her company ecdANCEWORKS and looks forward to continuing her passion with Pilates teaching here at Pilates PLUS!



Pilates PLUS
cross-training studio

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Congratulations...

Warm congratulations to Pilates PLUS instructor Kristina, who recently wed Blair Eklund in a beautiful Hawaii ceremony.

Best wishes also to Pilates PLUS instructor Michelle, who will wed Blake Stallings this September.

Pilates Manuals...

If you'll be doing some traveling this summer and want to keep up with your Pilates exercises on the road, matwork (\$20) and props (\$25) manuals are available at the studio and online at www.ThePilatesMovement.com.

Escape the Heat...

Enhance your private or semi-private session by arriving early or staying later to do cardio on the **elliptical trainer** or to relax in the **massage chair** at no extra cost! Check with your instructor for availability.