

The Pilates Movement

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

December 2004

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.

Try it all...

Looking to experience everything the studio has to offer? Now you can try 1 private session OR massage + 1 mat class + 1 circuit class for \$75. This is valued at \$100 so take advantage of this special offer for you or a friend!

Biometrics Nutrition and Fitness

Program Price: \$150

Pilates PLUS is licensed to distribute a highly acclaimed nutritional program for clients looking to adapt to a healthier eating pattern. It works like this: you take a body profile assessment here at Pilates PLUS and a licensed nutritionist will design a six week eating plan to fit your needs. It includes your choice of meals, weekly shopping lists, recipes and portion control. Combine this customized plan with Pilates classes to achieve the desired results. Call the studio for more info.

Welcome Susan...

Liz, Michelle and I would like to welcome Susan Voss to our team of Pilates instructors. Susan graduated from DePaul University with a degree in Communication and Marketing. She enjoyed a career in public relations, focusing on both the non-profit and Fortune 500 sectors, before changing to the career of motherhood.

Having had a lifelong interest in fitness, including gymnastics, ice skating, swimming, running and kickboxing, Susan decided to try Pilates. After a year of private instruction with me, she wanted to expand her Pilates knowledge and training. She thought it would be a great way to get back to work and teach others something she loved to do herself. Susan completed the certification program through the PhysicalMind Institute in 2004. Today she enjoys the flexibility of being a stay-at-home mom and teaching at the studio weekday afternoons.

TV Exposure...

Pilates PLUS client Jen Schefft has been chosen to be ABC's next Bachelorette. You may recognize her as the girl who won over Andrew Firestone on a previous series of the Bachelor. We know her as a sweet, playful, fitness buff who has chosen Pilates and running to shape up for the 6-week series.

On October 6th, camera crews for the upcoming show came to Chicago to document Jen's everyday life, which included a brief workout here at the studio. There's no telling what will happen in the editing process, but tune in to ABC on January 10th at 8pm to see if Pilates PLUS gets a brush with fame!



Pilates PLUS
cross-training studio

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Class Schedule...

New winter schedule*:

Tuesday 6:30PM- Mat Class
Saturday 9:15AM- Circuit Class
Saturday 10:30AM-Mat Class

*Please let us know if you are interested in having more group classes on the schedule. We will be reviewing class attendance and additional interest over the winter months.

Don't Forget...

We are still offering fitness assessments for any clients looking to track their progress. Also, consider treating yourself to one of Liz's Pilates Massages if the holiday stress builds up!

Pricing

Private Sessions

1 Session.....\$65
10 Sessions.....\$600
20 Sessions.....\$1100

Semi-Private Sessions

1 Session.....\$40/Client
10 Sessions.....\$350/Client

Group Mat Classes

1 Class.....\$15
10 Classes.....\$100

Circuit Classes

1 Class.....\$20
10 Classes.....\$150