

The Pilates Movement

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

February 2004

Stronger & Safer at Pilates PLUS!

Gravity Training...

As many of you know, my background is in exercise physiology and I spent the majority of my 20's doing personal training in Colorado and Chicago. Although I am an affirmed believer in Pilates, my primary goal is to provide the best overall workout for my clients. Some of the exercises are strictly Pilates based, some personal training based, and some are a combination of both. This past fall I was thrilled to come across the Gravity Training System at a fitness expo. It is similar to the reformer in that it has a sliding carriage. However, the resistance is controlled by moving the base among 8 levels of incline, versus multiple spring resistance used for the reformers. I believe that EFI Sports Medicine, who designed the GTS machine, has recognized the same

vision that I have strived for in my cross-training studio. By combining aspects of Pilates, personal training, and post-rehab, one can create the most well-rounded and challenging workout. Upon purchasing the GTS I underwent an intensive 2-day certification on its use. I then passed on this information to Liz and Michelle. We look forward to challenging our clients with new moves and interesting variations during private sessions and circuit classes.

Self-Defense...

In response to multiple attacks happening around our neighborhood I thought it would be beneficial and convenient to offer a concentrated self-defense class for anyone interested. Martial arts instructor David Lasky has over 20 years of experience, is a Kukkiwan certified 2nd degree black belt with the World Tae Kwon Do Federation, and is the owner of Lasky Martial Arts at 2442 N. Lincoln. He will be coming here to the studio to teach a self-defense class on Saturday, March 13th from 1:00-2:30 PM. Cost of the class is \$15 and space is limited. Please sign up with Eme, Liz or Michelle by March 5th.

Group Classes...

As is common in the early months of each new year, the group classes have been filling quickly. We love the energy level of a full class, however, there needs to be a certain amount of space available for each person to achieve the appropriate range of motion. Therefore, if you would like to reserve a place in a specific class, it is beneficial to call or sign-up in advance.



Pilates PLUS
cross-training studio

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Valentine Spirit...

In honor of Valentine's Day, we will be offering a special during the entire month of February. Any time that a current client brings in a new client to try a semi-private session on the equipment, it will only cost the amount of a private session (a 2 for 1 deal). This will also be extended to any 2 mat class clients who have yet to try the equipment.

Birthday Wish...

Just in case one of your birthday wishes is to purchase a Pilates package for less, take advantage of 10% off any package purchase during the entire month of your birthday!

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.

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