

The Pilates Movement

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

July 2004

Happy Anniversary Pilates PLUS!

2 Great Years...

Coming up on our second anniversary is a very exciting and rewarding time. Liz, Michelle and I have thoroughly enjoyed the growing process of developing and maintaining clientele. It has also been a wonderful learning experience to experiment with new exercises and equipment in order to maintain interest and deliver results. We appreciate everyone's patience through our various trial periods. Whether it's new balance and strength training tools (ie. balance beam, punching bag), or changes in class schedules to best accommodate everyone, we hope that our adjustments and improvements enhance the overall Pilates experience. Thanks to everyone for their continued support and enthusiasm.

New: Massage...

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.

New: Massage...

Liz is currently studying to be a clinical massage therapist at the Soma Institute for Clinical Massage Therapy with plans to graduate in August of this year. Through her training in both Pilates and Massage Therapy, Liz has developed a "Pilates Massage" to integrate the two methods. The hour-long massage combines traditional wellness and sports massage with a variety of stretching exercises to relax and lengthen the muscles. A variety of Pilates equipment including the ladder barrel, small barrel, BOSU, Fitball, foam roller, Magic Circle, and flex bands will be used to enhance the stretching experience. Finally, two incredible activities combined into one (we know how busy you are)!

Pricing is consistent with individual Pilates sessions. All Pilates Massage sessions are done with Liz but are interchangeable with any instructor's private session package. Appointments can be scheduled with Liz directly at 773-914-0578.

Assessment...

It's great to feel the improvements from doing Pilates but sometimes it's nice to be able to measure the progress made. Therefore, we have developed a thorough fitness assessment to track client progress and make sure that goals are being met. Measurements are taken of resting heart rate, weight, body fat composition, and body circumference. In addition, tests are given using different Pilates equipment for balance, lung capacity, cardiovascular endurance, upper and lower body strength and endurance, and flexibility. Testing takes 20-30 minutes and is done during a private Pilates session at no additional charge.



Pilates PLUS
cross-training studio

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Happy Hour...

Please come out on Thursday, July 8th from 7-9PM for a complimentary happy hour across the street at Mickey's. I am so grateful to our loyal private and class clients and would like to show my appreciation by bringing you all together socially. It's nice to gather people that are interested in Pilates and are also neighbors. Hope to see you there!

Class Schedule...

New summer schedule:
Tuesday 6:30PM- Mat Class
Wednesday 6:30PM- Circuit Class
Saturday 9:15AM- Circuit Class
Saturday 10:30AM-Mat Class

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