

The Pilates Movement

A Newsletter For Pilates P.L.U.S. Studio By Eme Cole M.S.

June 2003

Happy 1st Anniversary Pilates P.L.U.S.!

Time Flies...

It has been an exciting first year here at Pilates P.L.U.S. What started small has turned into a thriving Lincoln Park business. The classes and semi-privates offer a fitness-related meeting place for friends, and the studio has transformed into a comfortable and healthy escape for many of its neighbors. Most rewarding is the positive effect that I've seen on those clients who have been here for some time. Between the raised body awareness and the smaller clothing sizes, I have watched clients transform their mind and body.

Biometrics Nutrition and Fitness

Discounted Price: \$135*

Pilates P.L.U.S. is licensed to distribute a highly acclaimed nutritional program for clients looking to adapt to a healthier eating pattern. It works like this: you choose your meals, take a body profile assessment, and a licensed nutritionist will design a six week eating plan to fit your needs. It includes 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. *Through June 30th!

New Moves...

Liz and I took a trip to sunny Northern California this past May to broaden our Pilates horizons. It was inspirational to be surrounded by hundreds of Pilates enthusiasts such as ourselves. We also had the unique opportunity to learn from one of the few master trainers alive who once trained with Joseph Pilates. The trip proved very successful being that we learned many new exercises and techniques which will help us to keep our routines fresh and full of variety. Furthermore, we are determined to figure out each and every one of the 500 exercises developed for the matwork and equipment. Pilates has so much to offer!

Celebration...

What's an anniversary without a party? To thank everyone for their continued support and devotion, I would like to invite you all to an outdoor gathering across the street at Mickey's. The party will be held on Thursday, June 26th from 7:30-9:30PM. Drinks and munchies are on me. Please RSVP to the studio by Sunday, June 22nd. Non-members are welcome to come for an additional \$20/person. Hope to see you there!

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Circuit Class...

I am excited to announce that we will be offering a new class designed to bridge the gap between group mat classes and private equipment sessions. On Saturdays, beginning June 7 at 9:15AM, we will be offering a group circuit class. This will be comprised of exercises utilizing the reformers, wunda chairs, Cadillac, ladder barrel, fitballs, BOSU balls, foam rollers, rotator discs, and other small equipment. Class members will have set exercises to complete at each station and will rotate among the stations over the course of an hour. There is a prerequisite of 1 private or semi-private session to join this class. See below for pricing.

Price Update...

In order to meet the demands of a growing studio, the price of private sessions will be raised by \$5 (see below) beginning July 1st. Thank you for your understanding.

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