

# The Pilates Movement

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

October 2006

## All Dressed Up at Pilates PLUS!

### Exclusively Yours...

In an effort to better accommodate our valued private and semi-private clients, we have decided to eliminate group mat and circuit classes at the studio. Therefore, we will now exclusively offer 1/2 hour and 1 hour private sessions and 1 hour semi-private sessions on the Pilates equipment. In doing this, we are able to free up multiple prime time slots for clients with restricted hours as well as allow two instructors scheduling options at all times. In addition, no longer needing a designated area for group classes allows us to rearrange the equipment to best suit the instructor and the clients. Besides, after 4 years it's nice to be able to mix things up a little! We are always looking for new ways to make the client experience as enjoyable and beneficial as possible. We hope you like the new look!

### Pilates Clothing

<b>Ribbed Tank Top</b>	<b>\$ 15</b>
<b>T-Shirt</b>	<b>\$ 16</b>
<b>Long Sleeve T</b>	<b>\$ 18</b>
<b>Shelf Bra Cami</b>	<b>\$ 22</b>
<b>1/2 Zip Hoodie</b>	<b>\$ 36</b>
<b>Full Zip Jacket</b>	<b>\$ 38</b>

<b>Yoga Pant</b>	<b>\$ 40</b>
<b>Sport Pant</b>	<b>\$ 40</b>
<b>No-Skid Socks</b>	<b>\$ 12</b>

\*prices subject to change\*

### Clothing Line...

Pilates PLUS is now offering a small clothing line for everyone who over the years has asked "Where can I get cute but practical workout clothes?" After researching different options and brands, I have decided to go with a company that carries a quality and versatile line which is relatively inexpensive. All of the clothes will be made of stretch cotton to allow for comfort, breathability and movement. The items will feature a variety of colors and sizes and display the logo for "The Pilates Movement". This is the brand name that I first introduced as the title of these newsletters in December of 2002, but have since grown to include Pilates manuals and now Pilates clothing.

I will be starting with a rather modest amount of clothing for sale, but greatly looking forward to your feedback on the items. When placing an order, I can choose from a variety of styles, colors and sizes. Please let me or your instructor know what would interest you for future shipments.

In addition to the clothing, I will also be selling some of the gently used small equipment that has been recently replaced. While supplies last, items such as the foam rollers, miniballs and fitbands will be sold along with exercise cards with photos and descriptions of exercises to do with them. The exercise cards are excerpts from the Pilates manuals that I have designed, and which are also available for sale for the Matwork and Props in their entirety.

All in all, I have access to most of the things you would need to do Pilates at Pilates PLUS, at home, or during travel, and I am completely open to offering everything from water bottles to fitballs if the demand arises. Simply relay your request through your instructor or email me directly at [eme@pilatesPLUSstudio.com](mailto:eme@pilatesPLUSstudio.com) and I will follow up with you.



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### Last Thoughts...

As always, Pilates PLUS offers a 10% discount on packages purchased during the month of your birthday as well as the entire month of December. This is an unlimited offer so feel free to stock up for yourself and with gift certificates for your friends and family.

Finally, visit [www.ThePilatesMovement.com](http://www.ThePilatesMovement.com) to see how my manuals are doing. There you can see some featured moves and listen to a Podcast interview that I did with "The Pilates Podcast." To date, I have sold close to 100 full sets of manuals both nationally and internationally to help instructors grow their encyclopedia of Pilates exercises. It has been a very enjoyable project!

### Extra...

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.