

The Pilates Movement

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

Dec. 2002

Happy Holiday's from Pilates P.L.U.S.!

Thank You...

Having opened the studio nearly six months ago, I have a lot to celebrate this season. I have a schedule full of fun, interesting, and devoted clients who make everyday a new adventure. I've gotten to know a lot of fascinating people and I've enjoyed watching my clients get to know each other.

Liz Roche...

Recently, I've had the good fortune of finding someone to join me as an instructor here at the studio. Liz Roche graduated from DePaul University with a degree in Finance and Economics. After

spending time in the corporate world, she decided to place more focus on a career that would enhance her well-being as well as the health and fitness of others. Liz has the same training and certification as me from the PhysicalMind Institute and shares a similar philosophy of combining the classic techniques of Joseph Pilates with current fitness innovations. Please welcome her to our studio!

NIKEgoddess...

I've also had the pleasure of developing a relationship with the managers over at the (now open) NIKEgoddess store at 2350 N. Clark St. I was determined to talk with them once I heard that they were opening a store that supports and encourages female fitness enthusiasts. The boutique-style store retails clothing and shoes designed for a variety of sports and activities (including Yoga/Pilates!). Special thanks to Melissa and Nancy who have been more than generous with their time and donations for the party. Check out some of the new items in the party raffle and then enjoy 15% off your first visit to the store!

Pilates P.L.U.S.
504 W. Arlington
(773) 871-3690
PilatesPlusStudio.com

More...

If you're interested in experiencing all that the studio has to offer, consider these options:

The group mat classes are a great way to lengthen, strengthen and stretch the muscles of the abdomen, obliques, and back. They are offered for beginners and intermediate level clients on Tuesday and Thursday at 6PM and Saturday at 10:30AM. Advanced level classes are Monday and Wednesday at 6PM.

The equipment sessions provide a full-body workout using the same fundamentals as the matwork with more attention paid to specific needs and/or injuries. The semi-private sessions are scheduled for 2 clients with 1 instructor. The private sessions are 1 on 1. These sessions are scheduled between 6AM and 9PM.

Being new here, Liz has a wide range of availability and is currently taking new clients. Reserve your time now!

ENJOY THE PARTY!!

Biometrics Nutrition and Fitness

Pilates P.L.U.S. is now 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. This customized plan is then combined with three Pilates sessions/classes per week to achieve the desired results. Call the studio for more info.

Pricing

Private Sessions

1 Session.....\$60
10 Sessions.....\$550
20 Sessions.....\$1000

Semi-Private Sessions

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

Group Mat Classes

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