

Pilates
Health
CONNEXION



News from Pilates Health Connexion

August 4, 2010

Win a Free T-Shirt

We like to see you smile, so every month we will choose three people to win a **"Pilates Health Connexion" t-shirt**.
If you have filled out a customer form at our studio you could see your name here.

Today's Winners are:

Elyse Canas
Marina Aquino
Ally Sherman

Congratulations!

Call us within 72 hours to confirm pick up of your t-shirt. If you know any of the people give them a call!
info@pilateshealthconnexion.com www.pilateshealthconnexion.com 561-826-7770

Tell us your Pilates Story and win a FREE Private Pilates Session

Tell us how Pilates has helped you with either an injury, chronic condition, losing weight or just making you a happier person. Enter your story on our Facebook page at

<http://www.facebook.com/pilateshealthconnexion>

you can use the comment section, the discussion board or send it to info@pilateshealthconnexion.com. **deadline is August 31, 2010** and judging of the best story will take place shortly thereafter.



**Save
40%**

**Is August your Birthday month? Take 40%
off any item in our BfitWear Boutique!**

www.bfitwear.com

FIRST YOGA CLASS now FREE !!

We just loooooove Pilates **AND** yoga, so we would like all our **current customers** to at least try a yoga class and therefore we offer you one yoga



class free of charge. **New customers** can take any first class for free.

Yoga is wonderful to stretch, relax and get centered in our very busy life styles.

Check the schedule and let us know which class you would like to take. Right now during the summer the classes are small and Sandee can give you a lot of individual attention and cater the classes to their participants.

Summer Special for June, July, August and September 2010

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