



Pilates  
Health  
CONNEXION



## News from Pilates Health Connexion

12/30/2011

### ***The Year in Review***

Missed a newsletter? You can read them all at our [newsletter archives](#)

Some topics were:

Isn't Pilates like Yoga?  
[January 4](#)

Is Food making you sick?  
[January 3 \(Blog\)](#)

Rehabilitate after an accident with Pilates  
[February 9](#)

Pilates for Seniors  
[April 12](#)

Do you need a supplement?  
[May 3 \(Blog\)](#)

The secret ingredient of how to have better sex.  
[June 14](#)

Introducing the Jump Reformer Classes  
[September 17](#)

Pilates...not just a workout  
[October 21](#)

Dear Anna,

***We want to wish you and your family a very Happy and Healthy New Year 2012!***

and to support your New Year's resolution to stay or get back into shape, we offer you our usual "summer" special of

**1 month of unlimited classes for \$199.- \***

\*valid for sign up from 1/1/12 to 1/30/12

\*valid for 30 days from date first class is taken

\*NOT valid with any other offers or discounts

Our classes are small with lots of individualized attention for best results. We appreciate your consistent attendance very much.

We are getting busier and might be adding more classes soon, however, in the meantime, we are asking everybody to please observe our cancellation policy of 24 hours. We will not be able to accommodate late cancellations anymore.



The best way to reserve your spot in one of our busy classes is to use our [online scheduling program](#). There you can:

- sign up for a class
- cancel out of a class
- obtain an overview of your scheduled classes
- check your package usage

go to [www.pilateshealthconnexion.com/classes.html](http://www.pilateshealthconnexion.com/classes.html) or <https://clients.mindbodyonline.com/ASP/adm/home.asp?studioid=9915> .... please bookmark the site and remember your username and password.

If you have any questions or suggestions for improvements, praise or comments please email us.

*Your team at Pilates Health Connexion*  
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[www.pilateshealthconnexion.com](http://www.pilateshealthconnexion.com)

## Our Classes: Descriptions and Explanations

all classes are 55 minutes long and start on the half hour (with some exceptions)  
 (see [class schedule](#))

### **Yoga:**

Vinyasa: this yoga class is for intermediate to advanced students. It is a good workout going through sun salutations, warrior and standing poses and some floor and abdominal exercises with a short relaxation phase afterwards.

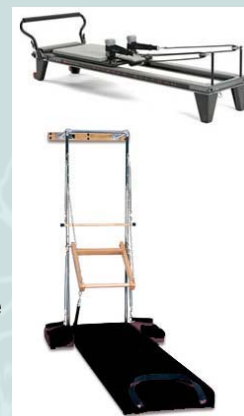
Gentle Yoga: is held at a slower pace and is suitable for beginners as well as our senior group. Exercises include sun salutations, standing poses as well as a lot of floor and stretching exercises with a short relaxation phase afterwards.

### **Pilates:**

20/20/20: is a combination of 20 min of exercises on the mat, the reformer and the tower. It is for anybody who has taken equipment Pilates before or who has completed the introductory special.

Mat Pilates: is the most strenuous form of Pilates exercises and for the athletic, fit and advanced students.

Reformer: offers various Pilates exercises all performed on the reformer. With over 800 exercises to choose from, no class will ever be the same. Call us to find out which class is more for advanced students and which for the intermediate. There are no total beginner classes as new students are required to take the introductory special.



Tower: offers are many different exercises all performed on the tower (the vertical component of the cadillac) with breathing bars, push through bars, arm and leg springs. Any student familiar with the tower can take this class or anybody who has completed the introductory special.

Equipment: these classes are designed by the instructor and can include either only reformer or tower or a combination of both. Call us which class is more for the advanced students and which for the intermediate.

Reformer/Mat: is a combination of 30 minutes mat exercises and 30 min reformer exercises.

**Ballet Barre Fitness**: a ballet-and Pilates-derived workout designed to lengthen and strengthen your muscles, improve posture, increase flexibility, and develop coordination, concentration, and balance. First half hour are floor exercises followed by barre exercises all set to music.

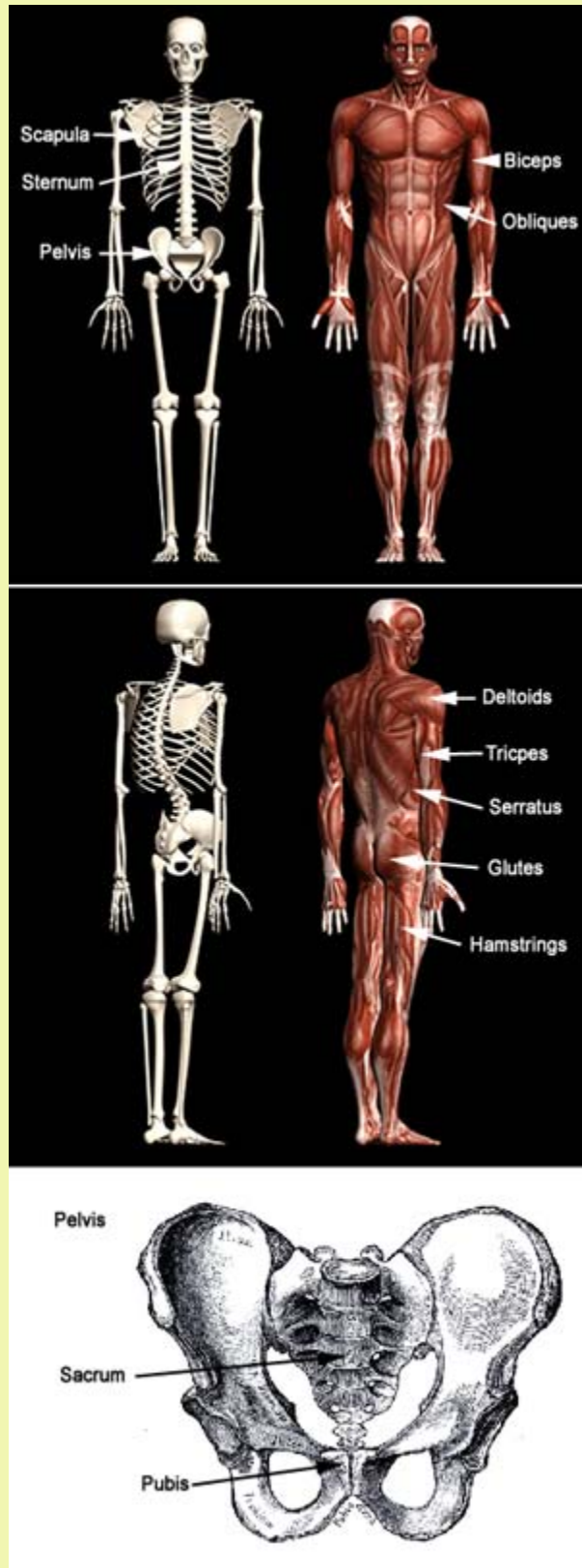
## Do you know your Pilates terminology?

During a Pilates class the instructors will refer to many body parts and specific Pilates terms that might be unknown to the novice. This list explains some of those terms. Should there be anything mentioned in a

class that you do not understand, please let us know and we will add it to this list.

You also find this list at [www.pilateshealthconnexion.com/pilates.html](http://www.pilateshealthconnexion.com/pilates.html)

- Biceps: muscles located on your forearms, see illustration
- Deltoids: muscles located in your upper arms , see illustration
- Hamstrings: muscles located on the backside of your legs, see illustration
- Midline: Pilates term, to describe the body's verticle centerline from head to toes. As you draw into the midline your body becomes centered and stable.
- Obliques: muscles on the side of your body, see illustration
- Pelvis: bone girdle at the end of the spine, see illustration
- Pilates box: a Pilates term describing the part of your body from shoulders to hips. Keep all four points stable for alignment and core stability
- Pilates stance: a Pilates term, also called military stance with heels together and toes a fist width apart
- Scapula: bone of the shoulder, see illustration
- Sternum: bone that connects the ribs in the front of your chest, see illustration
- Serratus: muscles on the side of your back, see illustration
- Triceps: muscles on the underside of your upper arms, see illustration
- Powerhouse, we distinguish between Primary and Secondary Powerhouse. The primary powerhouse encompasses your abdominal muscles, buttock and leg muscles, whereas the secondary powerhouse refers to your shoulder muscles in the front and back of your body.
- Pubis: bone at the front of the pelvis, see illustration
- Sacrum: bone of the pelvis, the base of the spine, see illustration



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