

Pilates Health CONNEXION



News from Pilates Health Connexion

December 3, 2010

Pilates for Golfer

Golfers take note! This season, Pilates Health ConneXion will launch a specialized Pilates program for golfers.

PGA Certified Golf Professional and Instructor, David Romo has developed this individualized program to improve performance and drastically reduce injuries.



Acutely aware of the effect of improper posture, misalignment, and muscle imbalance, he immediately recognized that Pilates helped correct these problems. Through **computerized visual analysis of a golfer's swing**, he pinpoints these weaknesses, working with certified Pilates trainers to develop a customized program for each client. Progress is measured incrementally and the workout is modified accordingly.

Issues like low back pain and shoulder impingement,[read the article on our BLOG](#)

Dear Anna,

*We wish you a wonderful
Holiday Season!*

with all your favorite people, food and traditions. During this joyful but busy time don't forget about YOURSELF. Take time to relax, exercise your muscles and rejuvenate. Bring your family and guests with you to a Pilates, Yoga or Zumba class.



Also remember to give the Gift of Health with a GIFT CERTIFICATE from Pilates Health Connexion.

Your Pilates/Yoga/Zumba team
@ Pilates Health Connexion

561-826-7770

info@pilateshealthconnexion.com

www.pilateshealthconnexion.com

[FACEBOOK page](#)

~~~DECEMBER SPECIAL~~~

*your abs will love you for it*

**\$99.-**

**10 Mat Pilates Classes**

10 pack is good for 60 days from day of purchase  
offer expires 12/31/10

**3 FREE Fun Exercise Events coming up:**

Need some variation from the usual? Try one or all of the following **FREE** events:

**Kickboxing for Self Defense:**

Sunday December 12th at 11am  
an 8 week Self Defense course will start in the new year.

### **Kangoo-Jumps:**

Sunday December 12th at 2pm  
regular training sessions will be offered starting January  
for more information go to [Innovative Exercisers](#)

### **TAP Dancing:**

Friday December 17th at 3pm  
Long time teacher and studio owner Susan Brown will teach a  
tap dance class. All ages and levels are welcome.

to rsvp or for more information on any of these events please call Anna at 561-826-7770.



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