

Pilates  
Health  
CONNEXION



## News from Pilates Health Connexion

February 2010

### Unbeatable Rates at our Temporary Studio



Take advantage of one more month of our low rates at the temporary studio at 7015 Beracasa Way #206 call Suzanne Diffine at 716-866-5359 to schedule your appointment NOW !

**Privates: \$50.-**  
**Duo: \$70.-**  
**Reformer Class: \$23.-**  
**Pilates Mat Class: \$13.-**

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### Our New Studio

will be located at the Del Mar Shopping Center on the corner of Palmetto and Powerline in the Breezeway across from PC Professor

check out our website at [pilateshealthconnexion.com](http://pilateshealthconnexion.com)

**Phone: 561-826-7770**  
**Fax: 561-826-7761**

Dear Anna,

**Welcome** to our first official Newsletter !

You are receiving this email because you either subscribed to our newsletter or are a former Pulse Pilates customer. **Pilates Health Connexion** is a totally new studio whose only link to Pulse Pilates is our lead instructor, **Suzanne Diffine**. **Suzanne** taught at Pulse Pilates for 5 years and many of you know her as an excellent and professional instructor.

Our brand new state of the art studio and boutique is in the process of being completed and we will let you know when we open our doors. In the meantime please take advantage of our **low rates at our temporary studio** located in the same shopping center.

If you were owed sessions at Pulse Pilates when it closed, please contact us.

We are looking forward to welcoming you to our studio.

Regards,  
Anna Schafer, Owner and Registered Dietitian  
[anna@pilateshealthconnexion.com](mailto:anna@pilateshealthconnexion.com)  
[www.pilateshealthconnexion.com](http://www.pilateshealthconnexion.com)  
561-313-5744

If you do not wish to receive further newsletters from Pilates Health Connexion, please use the safe unsubscribe option below.

### Call for Class Requests

As our first students we would like to know from you at what times and days you would like to exercise and which classes you are interested in. We strive to accommodate your wishes as much as we can.



[Click here](#) to fill out the complete form on our website.

What time would you like a class scheduled: \_\_\_\_\_


What type of classes are you interested in:

- Beginner mat Pilates  
 Intermediate mat Pilates  
 Advanced mat Pilates

Yoga  
 Zumba  
 Boot Camp

Other: \_\_\_\_\_

**Introductory Special**  
Try Pilates, Try Us, Try our Instructors  
**3 Private Pilates Sessions plus  
2 Classes  
for only \$150.-**  
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