



Pilates
Health
CONNEXION



News from Pilates Health Connexion

February 9, 2011



A Pilates Valentine Story

Marcia came to us for rehabilitation after an injury. Being a physical therapist she understood the importance of strengthening the muscles around the injury.

After a series of private sessions she started attending reformer classes. She enjoyed the workout so much she convinced her husband to join her.

Now Marcia and Robbie sign up together for **three classes a week**. They enjoy exercising together and they bring their daughter who hangs out and relaxes in the back room reading her books.

For Valentine sign up with your loved one for our Duet Intro Special for only \$240.- (3 duets plus 1 free class each)

Happy Valentine!!!

Win a FREE t-shirt

Read this newsletter every month and you might just see your name as a winner of one of our Pilates Health Connexion t-shirts if you have filled out

Dear Anna,

Step it up to the next level!

How? easy....get your friends into the our studio. Tell them the first class is FREE. Then we get them hooked on Pilates and when they buy at least a 10pack YOU get a **PRIVATE PILATES** session for each friend you bring between now and March 14th.

In a private session you will learn the importance of stability and control and how to get the most out of your classes. Challenge yourself on the various apparatus and chairs as you learn how to engage your core more effectively.



Did you know that there are over 800 different exercises in the Pilates method all emphasizing the core musculature? How many of those 800 have you done so far?

For our Zumba and Yoga clients we offer the normal referral credit of \$25.- if your friend purchases at least a 10pack.

With the unsurpassed fun and personable atmosphere at Pilates Health Connexion exercising becomes an enjoyable habit.

561-826-7770

info@pilateshealthconnexion.com

www.pilateshealthconnexion.com

check out our [NEW FACEBOOK](#) page and befriend us if you haven't done so yet.

New Class: Core Circuit

Do it like many of our current clients have done and try the new **core circuit class for free**.

a customer form at the studio.

Today's winners are:

Tracy McDonough

Kara Gailgall

Ellie Karibian

CONGRATULATIONS!

Call us within 72 hours to confirm pick up of your t-shirt. If you know any of the winners ask them to call us.

T-shirts are also available for \$20.-

Issue: 1

WE NOW ACCEPT ACCIDENT INSURANCE!



Do you know of anyone who was injured in a car or work-related accident?

Let them know that they can

now rehabilitate with Pilates.

The prescribed sessions are private and modified to target and strengthen the specific injury and supporting muscles. Pilates works well together with physical and chiropractic therapies. Rehabilitative Pilates sessions are billed differently than our fitness or wellness services.

We look at every case closely and work with the injury attorney if necessary.

Please call us with any further questions at 826-7770

Devin Burke our personal trainer uses a combination of weight and functional training techniques infused with cardio for a **non stop fat melting workout.**

The class is being offered Monday and Wednesday mornings from 9:30 to 10:30. Call us to sign up or sign up conveniently [online](#).

[Bfit Wear Boutique](#) offers

GREAT Valentine's Day Gift Idea

"The Teaser Thong"!



Buy one @ \$14.99
and get a second one
for half price!

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