

Pilates
Health
CONNEXION



News from Pilates Health Connexion

January 4, 2011

Pilates for Golfer

**Show us your golf swing
and the best wins
3 Privates Pilates sessions.**

**Wednesday, January 19th,
from 6pm to 8pm**

You are invited to an evening for Golfers who would like to improve their game through customized Pilates exercises.

Meet your Pilates team as well as David Romo a PGA National Golf Pro who will test your golf abilites on his golf simulation program.

Refreshments will be served.

RSVP to Pilates Health Connexion at 826-7770

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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 a customer form at the studio.

Today's winners are:

Soryl Goldstein
Elizabeth Mateer
Rosa Golish

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.-

Dear Anna,

***We wish you a Happy & Healthy
New Year 2011!***

Our New Year's resolution is to do our very best to help you achieve and maintain health and physical fitness through regular exercise and a healthy balanced diet.

And to show you we mean it we offer you our

New Year Special: \$749.-

(valid until 1/31/11...not valid with any other offer)

1. for **90 days** take a class a day
2. receive 3 TANITA body analysis
3. get 6 nutrition sessions of 30 min each

During this time you could lose up to 30 pounds, save 749.- in groceries, gain nutrition knowledge to keep the weight off, feel fitter, healthier, happy and have a lot of fun.

Besides our regular classes of mat and equipment **Pilates, Yoga and Zumba** we will offer a new class called **Core Circuit** which burns a couple hundred calories. Jodi our new yoga instructor also offers two morning vinyasa classes now. We will start our **Power Walk** program again for a 2 mile or 4 mile round. For the more musically minded we now have a regular Tap Dance class on the program. Click here for our [class schedule](#).

Your [nutrition sessions](#) are conducted by an experienced registered dietitian and upon your request include a Supermarket tour.

Call us if you have questions or want **to sign up to start YOUR New Year's resolution.**

Regards,
Anna Schafer, MS, RD, LD/N
owner, registered dietitian



Issue: 1

Gyrokinesis® Workshop

Sunday, January 9th 10am - 12pm

We had such a good response to the first Gyrokinesis workshop that Elise offered to come over from Ft. Myers again.

Gyrokinesis® is an exercise system based on fluid movements and designed to work the entire body through spinal movement and joint articulation.

Rather than specific postures or stances being held for long periods of time, Gyrokinesis® exercises are smoothly integrated, rhythmic and fluid. Natural breathing patterns are also incorporated into Gyrokinesis® exercises.



\$25.- per person for 2 hour class

call now to sign up 826-7770 - space is limited!

561-826-7770

info@pilateshealthconnexion.comwww.pilateshealthconnexion.com[FACEBOOK page](#)**Kick Boxing for Self Defense**

Classes are now being offered on Tuesdays and Thursdays at 11am-12pm, Tuesday evenings at 7pm-8pm and Fridays at 6:30pm-7:30pm.

Take an 8 week course for \$249.-

You can choose the days and times and how often you would like to attend. Learn how to defend yourself in dangerous situations, burn calories and have a lot of fun!!!

for more information or to sign up call Anna 826-7770.



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"Isn't Pilates like Yoga?"

What are the differences, similarities and benefits of doing both?

Besides its physical activities **Yoga** is a life style, rooted in thousand year old philosophies. Meditation and chanting are the basis for spiritual enlightenment which leads to reduced stress, strengthening of the immune system and overall well-being.

Pilates is a set of exercises founded about 100 years ago by Joseph Pilates. About 500 different exercises were identified to strengthen the core musculature in order to restore the natural posture of the human body.

The physical component of **Yoga** is comprised of up to 900 different exercises that teach balance, flexibility as well as strength. Exercises are either poses held for several breaths or a set of fluid movement such as the sun salutation.

Pilates uses various apparatus to support, align, and challenge the body. Pilates employs few repetitions of exercises to build up the "girdle of strength", which includes the abdominals, buttocks, low back, and inner thighs. The gymnastic vigor with which Pilates exercises are performed is in drastic opposition to Yoga exercises.

The vigorous exercises for **Pilates** use a breath that oxygenates the body, whereas the slower inhale and exhale during **Yoga** calms the nervous system, and changes levels of consciousness.

Despite these differences **Yoga and Pilates** have some similar poses and exercises, but in general they complement each other perfectly. The muscular strength that you build with Pilates can be applied in Yoga poses to achieve better balance. The stretching poses of Yoga are beneficial for improving the overall flexibility of your body.

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