



Pilates  
Health  
CONNEXION



## News from Pilates Health Connexion

6/14/2011

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**Dear Anna,**

**Be good to your body and you will thank yourself for it!**

Exercise, as we all know, is important for so many reasons including keeping a healthy weight and above all strengthening your immune system.

For those reasons you do NOT want to get hurt while exercising! Whenever you get injured you cannot exercise and won't be able to receive these benefits.

At Pilates Health Connexion you will never be just a face in the crowd. Our classes are small, intimate and each **student's safety** comes first.

BUT you need to be good to your body and integrate at least **TWO classes a week into your schedule**. Anything less than that will never give you the desired results. It would be best to take 4 classes a week as many of our clients already do. **To this effect we are now changing our policy so that a 10 pack has a 3 months expiration date and a 20 pack, 6 months. You can freeze your package once.**



**Our Summer Special is ongoing.**

Take as many Pilates, Yoga, Bollywood and Zumba classes for \$199.- per month. That is 30% off the regular price and comes to **only \$6 per day**

Sign up now for any of our 30 plus classes at [www.pilateshealthconnexion.com/classes.html](http://www.pilateshealthconnexion.com/classes.html) .... remember new customers: First Class is FREE!!

561-826-7770  
[www.pilateshealthconnexion.com](http://www.pilateshealthconnexion.com)

For instant updates befriend us on [FACEBOOK](#)

[Bollywood](#) Special:



get a FREE music CD  
for bringing a friend.

The first class is free for your friend. If she purchases a 10 pack right after the class you will receive your FREE music CD with all the Bollywood songs.

Bollywood is offered Wednesday evenings at 7pm and taught by Kiran Soorae.  
Click [here](#) to sign up now!

### The Secret Ingredients Of How to Have Better Sex Doesn't Come From A Cake Recipe

Want to know how to have better sex? Let's think. If good sex were a recipe, here are some of the ingredients that might go into a delicious portion of sex: mix some strong abdominals with some toned pelvic floor muscles, a dash of mobile hip joints, a pinch of body awareness and a smidge of concentration, all tossed with some good flowing oxygen and voila! An improved sex life.

First and foremost, let's talk pelvic floor. Know where your pelvic floor muscles are? Try this: think of the muscles that stop the flow of urine. Are you squeezing them now? Those are your pelvic floor muscles, which also factor into the famous Kegal exercises. They act as a kind of sling, or hammock, that support you from the very bottom of your pelvis. Strong pelvic floor muscles equal stronger orgasms. It's a fact; I'm not making this stuff up.

Next, stronger abdominal muscles help to sustain the actions of sex. Stronger core equals stronger movements for a longer period of time. Read full article at our [BLOG](#)

Referenced with permission from <http://www.everything-about-pilates.com/how-to-have-better-sex.html>



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