

Pilates
Health
CONNEXION



News from Pilates Health Connexion

March 29 2010

Introductory Special

3
2
150.-)

**3 Private Pilates
Sessions plus
2 Classes
\$150.-**

Now you have more time to spend on Exercise!

Save time by **registering for Pilates Health Connexion classes** online! From the comfort of your own home, reserve a spot right now by visiting

www.pilateshealthconnexion.com/classes.html

You can also **cancel a class online**; we just ask that you do so 24 hours before the scheduled class to avoid being charged.

If you are a **new customer**, you can save time by filling out the "New Customer" form before you come in. Just print and complete it at your leisure.

Group classes

started last week:

Clare's Yoga class is the perfect combination of muscle strengthening, stretching, and relaxation.

Debra's BLT class at noon on Friday is a killer workout for your butt, legs, and thighs. The upbeat music will keep you motivated and you'll be sure to leave with a lifted derriere.

Heather's Stretching class is an amazing series of great stretches used by Olympic gold medalist Dara Torres to keep her limber and injury-free.

Jennifer's Zumba class is a lot of fun. Get a great workout while moving to an infectious Latin rhythm. We can't promise that your "bodyroll" will be elegant, but you will certainly burn enough calories to get rid of your body rolls!

Equipment classes on the reformer and tower, the ever popular mainstays of Pilates, are sure ways to lengthen and strengthen all your muscles.

We hope the online system will work for you. Of course, you can always call or email us at any time.

The team at Pilates Health Connexion is looking forward to hearing from you!

561.826.7770

info@pilateshealthconnexion.com



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