



News from Pilates Health Connexion

May 27, 2010

- - NEWS - -

Want more Exercise?Join our WALKING GROUPS

- Tuesdays at 7pm & Thursday at 6pm.
- Free to anybody.
- Participants can do a smaller 2 mile (30 minute) loop or continue to a 4 mile (1 hour) loop.
- We'll do Pilates related exercises strengthening ab and back muscles.
- Participants can use ankle or hand weights.

Call us 561.826.7770
when you want to join us.

- - REMINDER - -

Donate your Pounds to Charity starting in June

- You can sign up at any time!
- We weigh you and provide you with a body composition analysis on your first day and on the last day of the 4th month
- Then you have 3 options:
 1. You can join our weekly nutrition classes and exercise with us.
 2. You can stick to your preferred diet and exercise with us.
 3. You can lose weight on your own and come in again at the end of the 4 months.

**FIRST NUTRITION CLASS
WEDNESDAY JUNE 9TH AT 6PM
CALL US NOW TO SIGN UP
826-7770**

Dear Anna,

Pilates Health Connexion has voluntarily decided to secure a **surety bond** with the Florida Department of Agriculture and Consumer Services as a Health Studio. This means for you that if you purchase packages for future sessions or classes your money is safe.

Why do we do this? As a Pilates/yoga studio we are exempt from registering with the department. Why? I wondered too, but it's the law. A health studio such as a gym, where you pay a monthly or yearly membership, is required to provide a surety bond with the state, in case the business goes bankrupt. Even a dance studio needs to provide a surety bond, albeit less substantial.

Since a Pilates studio is not required by law to put up a surety bond, a lot of you who purchased sessions at Pulse Pilates lost money when the studio closed suddenly. No wonder many of you are now wary of the next studio that opens. Still, we know that you recognize the benefits of professional Pilates training and that is why we want you to feel good about taking Pilates sessions with us and still sleep well at night.

The next time you buy a package, you can sign a "contract" just like a "gym contract". The contract will specify that you have the right to cancel the package within 3 days, as well as other rights. It will also give you our registration number with the state.

We just think it is the right thing to do.

Regards,
Anna Schafer and Suzanne Diffine

info@pilateshealthconnexion.com
www.pilateshealthconnexion.com



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