



News from Pilates Health Connexion

November 4, 2010

Mark Your Calendar:
Friday, November 12th
from 7pm to 9pm
please join us
for appetizers & refreshments
We have good reason to
celebrate! why?...read on
please RSVP by Saturday
to 561-826-7770

or email
info@pilateshealthconnexion.com

Dear Anna,

GIVE THE GIFT OF HEALTH
THIS HOLIDAY SEASON!!

with a **gift certificate** to our studio for a series of Pilates, Yoga or Zumba classes or Private Pilates sessions. You can chose any amount.



561-826-7770
info@pilateshealthconnexion.com
www.pilateshealthconnexion.com
[FACEBOOK page](#)

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:
 Lenora Sevillian
 Morgan Ploshnick
 Melissa Wigdor

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.-

~~~NOVEMBER SPECIAL~~~  
*get in shape for New Year!*

**\$99.-**

***10 Yoga or Zumba classes***

10 pack is good for 60 days from day of purchase  
 offer expires 11/30/10

### Nutrition Corner

Making sense of: Eggs - don't look at it as white and yellow!

What do you think of first when your



**Bfit Wear has the best studio socks ever...Shashi... only \$13.-**

doctor tells you that you have a high cholesterol level? Eggs!!

Fortunately, that is no longer necessary. Recent research...  
[read on](#)



come on in to get your pair ... they are going fast!!

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