



Pilates
Health
CONNEXION



News from Pilates Health Connexion

10/21/2011

Please write us a quick **REVIEW** on one or all of the following websites and we thank you with \$5 off your next package. This will help our web presence tremendously.

[Googlemaps](#)
[FourSquare](#)
[Thumbtack](#)
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[YellowPages](#)
[Yellow Bot](#)

Thank you so much!

The Booty Wrap

NEW at the

Bfit Wear Boutique



\$29.99
different colors
get your's now!

or go to

Dear Anna,

We would like to introduce to you Tammy - not just as the Client of the Month, but the Client of the Summer 2011!

Tammy took advantage of her summer days off with our 30 day unlimited package. She has taken nearly 100 classes in less than 4 months and has a whole new body to prove it.



Tammy describes her experience: "In July, a friend raved about doing Pilates and how much she just loved it. I was not expecting much because I have been working out at the gym for years. I was shocked how challenging and rewarding Pilates can be. My muscles are challenged like they have never been and I really enjoy the workout.

All of the instructors are amazing! I never thought I would have flat and toned abs again after my c-section, but I am actually starting to have a six pack! My posture has also improved significantly and I find that I am constantly engaging my abs.

I went to a number of Pilates studios to try them out but Pilates Health Connexion was by far the best. I highly recommend them to anyone looking for a change."

We are offering you the chance to change your body, just like Tammy, with a reduced rate on the monthly package:

30 days Unlimited Classes for only \$249!

classes need min of 2 persons

Remember Joseph Pilates promised: "In 10 sessions you'll feel the difference, in 20 sessions you'll see the difference, and in 30 sessions you'll have a different body".

We understand if you cannot fit 30 classes in 30 days into your schedule so we are also offering you our monthly special:

www.bfitwear.com

25% OFF 5 EQUIPMENT CLASSES ONLY \$99.-*

**one per customer, offer ends 11/30/11, must be used within 2 months from purchase, classes need min of 2 persons*

Check out our [class schedule](#) or call us at 561-826-7770.

www.pilateshealthconnexion.com
info@pilateshealthconnexion.com

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

Pilates ... not just a workout

Pilates is NOT a "cure all", the "best weight loss program out there" and it is not JUST a workout.

Pilates IS part of your commitment to a healthy life style.

It is the basis for a strong and healthy body. By utilizing hundreds of different exercises designed by Joseph Pilates, you will strengthen the core of your body. The core starts at your shoulders, includes the front and back of your body and also involves your hips and butt. There are hundreds of muscles in your body and as you engage and build them, you will gain core stability.



Benefits include, but are not limited to:

- reduced stress on your neck, arm and leg joints
- increased body awareness, balance and flexibility
- reduced risk of strain and injury
- reduced risk of falls in the elderly
- reduced pressure on the lower back
- reduced healing time after injuries and surgeries

It is recommended to engage in some Pilates exercises at least 2 times a week to be effective. More, of course is better. In a studio you have the advantage of an instructor correcting you and teaching you, but you can take many of the exercises home and do a little every day. Our instructors can teach you home exercises on the mat, with the magic circle or stability ball.

Besides engaging in Pilates exercises, it is recommended that you include some aerobic activities in your daily life such as walking, biking, running. Just keep your body moving, every little bit helps. Honor your body.

**Start NOW to strengthen your core to avoid injuries
and to live a pain-free, active life.**

Special Reformer Jump Board Class Monday October 31st at 8:00am* with Lauren Kogelschatz

Jump board on the reformer will elevate your heart rate, strengthen your core, and work every muscle in your body. This 55-minute class is a heart rate-revving cardio and coordination challenge you will not want to miss.

If you have never experienced jump board on the reformer do not worry; this class is perfectly paced for the novice or more advanced jumper. You will use the principles of Pilates in a new and exciting way in order to challenge your mind-body connection.

"It not only incorporates lengthening, strengthening, stabilizing, flowing and breathing, but also huffing, puffing, dancing and laughing into your Pilates workout" (Barbara Wintroub, Retrofit School of Pilates RX).

*three person minimum for class to take place sign up online at mindbody

Women Only Vinyasa Yoga Class taught by Jodi Harris

Monday, Wednesday and Fridays at 8:30am

This practice will strengthen you both physically and spiritually.

Benefits include:

- increased flexibility
- increased range of motion
- increased strength
- increased sense of balance
- long, lean muscle.



You won't believe how good you will look and feel!

Additionally, you will learn how to bring a sense of calm into your life, increasing your ability to cope with stressful situations.

A sense of appreciation for the beautiful body which G-d has given you is a guaranteed result!

Taught by a Torah educated female instructor, sensitive to issues relating to the observant Jewish woman.

100% "kosher" and acceptable within the observance of Judaism.

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