



Pilates  
Health  
CONNEXION



## News from Pilates Health Connexion

9/17/2011

### Content:

- \* New Studio Layout
- \* Returning Customer Special
- \* Teacher Special
- \* Jump Class with Lauren
- \* Women Only Yoga Class
- \* Bollywood Instructor Needed

### Back to School Special for Teachers



10% off a class package for any of our 4:30pm classes

Tell your colleagues and get additional classes for FREE when your colleague buys a package

call us  
561-826-7770  
to sign up

Get 20% OFF  
any item in our

Dear Anna,

**Hopefully, while you have had relaxing summer, we have been very busy making all sorts of changes and improvements to the studio, which we know you will love!**

You have to come in and check out all of the exciting changes we have made and get back in the swing of a regular schedule of exercise. We added new instructors, new class times, and new equipment!



We have switched the private and class rooms, have added 14' legs and mats to all of the reformers and have new props including the barre. The many changes allow for more convenience, more class times and options, and a smoother transition between classes.

**Haven't been here in a while and want to get back into your routine?**

**We are offering all of you who have not been here in 6 months or longer a 15% discount off your next package. We hope to see you soon!**

Check out all our new classes online and schedule your next class at [pilateshealthconnexion.com/classes.html](http://pilateshealthconnexion.com/classes.html) or call us at 561-826-7770

We need a favor:

PLEASE take a second and write us a quick **REVIEW** -this helps us our web presence tremendously. Click right here:

[review on Goggle maps](#)  
[connect with us and review on foursquare](#)

You'll also find us at:

[www.pilateshealthconnexion.com](http://www.pilateshealthconnexion.com)

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

**Bfit Wear Boutique  
on your Birthday!!**

We are looking for a **Bollywood Instructor** for Wednesday's class from 7pm-8pm. If you know of anybody please ask her to call Anna at 826-7770.

Congratulations to Kiran on her upcoming wedding and we wish her all the happiness in the world!

## **Special Reformer Jump Board Class Friday September 23rd at 4:30pm\* Monday September 26th 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).



[Click here to watch a short video on a Pilates Jump Board workout](#)

\*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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