

Pilates Health CONNEXION



News from Pilates Health Connexion

September 20, 2010

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:

Brittany Lengyel
Jennifer Bober
Shermitt Carter

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.-

FOUNDATIONS OF PILATES

by Suzanne Diffine



What makes Pure Classical Pilates so distinctive? Joseph Pilates' unique method of physical fitness is a whole body workout. Mastery of The Method will improve posture, mental acuity, proprioception, core strength, and coordination. It is designed to [read on](#)

...and the winner of

Dear Anna,

Zumba in the mornings, a ballet barre workout and 9:30am classes were all requests we heard and you can be happy to know we listened!

The NEW FALL schedule will start Monday, September 27th, 9:30am sharp! [Click here for a printable version of the fall schedule.](#)

We are also happy to tell you that our classes fill up. We decided to keep them small for highest quality and enjoyment! This makes it even more **important** for everyone to cancel on time to give others on the waitlist the opportunity to jump in!

We also want to remind you that you can sign up online, pay and cancel your classes. See your accounts and history by logging on to our accounting software. You'll find the logon link on top of the ["classes" page on our website.](#)

We are very much looking forward to seeing all of you in our "new" as well as "old" classes!

The Pilates Health Connexion Team

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www.pilateshealthconnexion.com

[FACEBOOK page](#)

Join Bfit Wear on [Facebook](#) and get **FREE shipping until September 30.**

Race for the Cure
"Happy Hour Kick
Off"

Please join **One to One
Physical Therapy and
Pilates Health Connexion.**



a Private Session is Linda Weiss Rose

you can read Linda's and other
customer's **Pilates stories** on
our [BLOG](#)

Friday October 1st at 5pm at the Boca Ale House
9244 Glades Road for the Kick-Off Happy Hour to the
Race for the Cure! .

Join our Team, [make your contribution](#) (search for
OnetoOne) and get a Team T-Shirt. The Race for the
Cure is Saturday October 23rd, 2010.

HELP US FIGHT BREAST CANCER!

[Forward email](#)

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