

Authentic Pilates Stillwater

Notes from the Studio
Spring 2010

111 Cherry Street West | Stillwater | 651.439.9656

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Spring is here! I look forward to the warmer months ahead and to helping each of you reach your goals. Spring to me is a time to jump forward into a healthier and more beautiful you! Many of you have shared thoughts and goals for this new year, so I have enclosed some healthy tips to help keep you motivated.

Along those lines, I've also included some Clarins information. As you all know, I love my Clarins products, which I've used for years. I have found that daily application of body care treatments encourages a regular body care routine that allows one to stay in contact with their body. I have made a list of my favorite Clarins products for those of you who would like to order them. I will be placing the order on May 14th – if interested, please return your order sheet by May 13th. Products will ship from New York, so there is no tax. There is also no shipping charge.

Make sure you check out the new books on the shelf. My favorite is *Body in Motion* by Alycea Ungaro. I worked with her for 4 years. She has written the best Pilates book that I know of.

Studio Closed

Mark your calendars: There will be no scheduled sessions on Thursday, April 22nd or Friday, April 23rd.

Renovations and Parking Upgrades

As promised, the parking upgrade will be underway this spring. Beginning in late April, there will be a lot of action in the parking area. Please use your judgment as to parking down by the studio entrance or opting for street parking during construction. I will keep you updated as to the project schedule.

Mat Classes

The 10:30 Friday morning mat class is very popular. Due to the large demand for the class, it is important that you use the sign-up sheet to reserve a spot. Each week, I have a waiting list of people that would like to take this class, so if you need to cancel your mat session, please be courteous and call far in advance so another may take your spot.

Zipper Trouble

Please make every effort to avoid wearing clothing with zippers to your sessions – they cause damage to the leather on the apparatus, which is very difficult and costly to have repaired.

Welcome

I want to welcome two new faces to the studio – Crystal Bakke and Michelle Bellanca. Be sure to say hello!

On the Shelves

Be sure to check the shelves for useful books and videos for practicing Pilates away from the Studio.

Pilates books, DVDs and products are available to help you stay fit at home and while on vacation. Books are priced at \$18, DVD series at \$21, and the Magic Circle at \$30.

Pilates booties and tee shirts are available for \$20.

Gift certificates are available in any denomination.

Keep the Studio Healthy

Please don't ever hesitate to cancel your session if you are not feeling well. Good health is important to us all.

Cancellation Policy

Thank you for your courtesy in observing the 24-hour cancellation policy for all scheduled sessions. I appreciate the time this gives me time to fill your spot, and plan my schedule accordingly. Please note that last-minute cancellations (for reasons other than illness) will be charged for the full session.

Bulletin Board

Upcoming events and notices are on the bulletin board located at the entrance. Please take a moment to review.