

Authentic Pilates Stillwater

Notes from the Studio

Winter

111 Cherry Street West | Stillwater | 651.439.9656

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Winter is almost here! I want to thank everyone for their understanding and patience through the renovation of the new courtyard. It took longer than anticipated, but in the end I think we will all enjoy the new entrance to the Studio. We have some minor renovations that will continue through the winter and into spring, as weather permits.

Studio Closed

The holidays will soon be here. There will be no scheduled classes or sessions for a holiday break beginning the week of Monday, December 21st through Friday, January 1st.

Additionally, Authentic Pilates Stillwater will be flying south for a winter break beginning Monday, January 4th, and will be closed through Friday, January 29th. Classes will resume Monday, February 1st.

Save the Date

Just a reminder of the Authentic Pilates Stillwater holiday party on Wednesday, December 9th at Rivertown Inn from 5:30pm to 8:00pm. I'm looking forward to sharing holiday cheer with each of you!

Mat Classes

The Friday morning mat class, held from 10:30am to 11:30am, has become a very popular time slot now that the Monday morning mat class has been discontinued for the winter. Due to the large number of people who want to take a mat class, it is important that you use the sign-up sheet if you wish to reserve a spot.

Parking Upgrades

Additional parking spaces will be completed in the spring. Until these spaces are available, please note a few changes to the parking pattern. If you choose to park down below, please pull straight forward and back out, but refrain from parking at the steps to the courtyard, as it blocks others from entering the Studio.

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.

Now 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

The flu and cold season is upon us once again. Please don't hesitate to cancel your session if you are not feeling well.

Bulletin Board

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