

# Authentic Pilates Stillwater

## Notes from the Studio *Summer 2012*

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111 Cherry Street West | Stillwater | 651.439.9656

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

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Summer is almost officially here. The studio is buzzing with anticipation for Katie's baby to arrive. Sessions and classes are moving along, and you all are looking great heading into summer! I would like to inform you of what to expect in the studio these upcoming months. Additionally, to get you all in the summer state of mind, I have included fashion ideas from Bazaar magazine to spark your wardrobe. I've also included one of my favorite cake recipes from Ina Garten. This will be one of the cakes we'll be serving this at Katie's baby shower! Also, keep your eye out beginning with the fall newsletter for "Michelle and Katie's Favorite Things."

## Save the Date

Join us for a baby shower for Katie on Saturday, June 30th at 2pm in the Studio courtyard. Light fare and summery treats will be served.

## Katie's Due Date

Katie's official due date is July 29th. I will be jumping back into teaching full time while Katie takes some time off to enjoy new motherhood. Katie plans to be back in the studio in the fall. I will continue teaching until she returns, at which time we will share the teaching schedule.

## Studio Closed

The studio will be closed the last week of August for an end-of-summer break starting Monday, August 27 through Labor Day. Classes and sessions will resume on Tuesday, September 4th.

## Mat Class

Wednesday's 6pm mat class is going very well. If interested, the sign up sheet can be found on the bulletin board.

## Welcome

I want to welcome a few new faces to the studio – Diane and Hannah Smith, Laurie Schmidt, Spike Carlsen, Avery Knox, and Courtney Atwood. Be sure to say hello!

## Cancellation Policy

Thank you for your courtesy in observing the 24-hour cancellation policy for all scheduled sessions and classes.

## 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.

Authentic Pilates Stillwater tee shirts are still available in many styles, sizes and colors.

We now have an assortment of colorful toe socks available for \$10/pair.

## Gift Certificates

Gift certificates are available in any denomination.