

Authentic Pilates Stillwater

Notes from the Studio *Winter 2012-3*

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111 Cherry Street West | Stillwater | 651.439.9656

www.authenticpilatesstillwater.com

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I think it is safe to say that it is officially the holiday season! Christmas is right around the corner, and I want to wish everyone much happiness and joy during the holiday season. I so much enjoy teaching all of you and being a part of your Pilates experience each week. It is very rewarding to see your progress from session to session. I want to thank all of you for your continuous support during this difficult and challenging time in my life. I am thankful for the studio and each one of you. 'Tis the season for all of us girls who love beauty products, clothes, shoes, and great service, so I am including a few favorite finds and ideas for your holiday wish list.

Katie

Katie is enjoying her time away with Isla and has settled into motherhood beautifully. She looks forward to coming back to the studio to teach a few days a week. No date has been set yet.

Holiday Gift Certificate

Having trouble finding the perfect gift for someone, or know someone who has always wanted to try a Pilates session? I am offering special holiday intro package gift certificates (3 private 55-minute sessions) at a discounted price of \$155.

Studio Closed

The studio will be closed December 24th, 25th, and 26th. We will reopen for sessions on Thursday and Friday, the 27th and 28th, and Monday, the 31st. The studio will close again on January 1st for New Year's Day. All regular sessions resume on Wednesday, January 2nd.

Mat Class

There are no scheduled mat classes at this time. I hope to add a Saturday morning mat class in the spring and will keep you updated as to its time and start date.

Welcome

I want to welcome a few new faces to the studio – Lu Magnum, Twila Meador, Laurie Schmidt, Lorie Brunette, Karin Boumeester, and Monica Mogren. 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.

Zippers

Zippers on clothing cause damage to the leather on the apparatus, which is very costly to repair. Thank you for avoiding wearing clothing with zippers to your sessions.

On the Shelves

Be sure to check the shelves for useful books and videos for gift giving.

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.

Toe socks in many colors are available for \$10/pair.

Gift Certificates

Gift certificates are available in any denomination.