

# Authentic Pilates Stillwater

## Notes from the Studio

*Winter 2010*

111 Cherry Street West | Stillwater | 651.439.9656

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As we slide into winter, I want to thank everyone for all the excitement and well-wishes over the news of Baby Utin! I have been feeling great and appreciate those of you who have changed your scheduled times to accommodate me during this exciting time. Although I plan to teach right up until my due date in March, I appreciate your understanding in advance for any days that may require cancellation on my part. I will keep you posted as to what to expect with studio hours once our baby is born.

With the holiday season approaching, I've enclosed a tip card – A Balanced Diet for a More Beautiful You.

In an effort to keep you informed, the following are some Notes from the Studio.

### Save the Date!

Serge and I will host an Authentic Pilates Stillwater holiday party at the Rivertown Inn on Wednesday, December 8th from 6 to 9pm. We invite you and your family to enjoy hors d'oeuvres and holiday cheer with us!

### Studio Closed

The Studio will be closed for a winter break beginning Monday, December 13th. Sessions will resume on Monday, January 10th.

### Parking and Snow Removal

As the snow starts to fall, parking will be limited to one or two cars in the studio entrance parking area. I have made arrangements for plowing, however use caution and your own judgment if choosing to park there. Alternative parking is always available on Cherry Street.

### Mat Classes

Mat classes are offered Friday mornings at 10:30, with five spaces available. If interested, please use the sign-up sheet located on the bulletin board outside of the dressing room. If there are less than three signed up, class will be cancelled.

### New Procedure

We're all adjusting nicely to the new procedure of signing payment cards. This is helpful in keeping payments on schedule, and in allowing you to see how many sessions are remaining in your package before you're ready for a new one.

### 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 if you haven't picked one up yet.

Gift certificates are available in any denomination.

### Zippers

Thank you for your continued efforts in avoiding wearing zippers to your sessions. As you know, zippers cause damage to the leather on the apparatus. Thanks for your consideration.

### Keep the Studio Healthy

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

### Welcome

I want to welcome three new faces to the studio – Julie Bennett, Jennifer MacMullen, and Lynn Renee. Be sure to say hello!

### 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 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 posted on the bulletin board. Please take a moment to review.