

# Authentic Pilates Stillwater

## Notes from the Studio

*Winter 2012*

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

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Snow has arrived -- winter is here. It has been great having the studio open and having all of you continue on with your weekly sessions. I am hoping that the New Year brings everyone much happiness and good health. Here are some Notes from the Studio to keep us all informed.

### Baby News!

Congratulations to Katie ... a baby is on the way! Her due date is the end of July, and she is hoping and wanting to continue teaching up until that time.

### Refer a Friend

Refer a friend who purchases an introductory package at the Studio and receive one extra hour session added to your package.

## New Mat Classes

We are offering two new mat classes during the week for those of you who would like to complement your weekly private or duet sessions.

**Tuesdays at 6pm** – strong intermediate level class for both men and women, working on flow, dynamic and transitions. Reformer mat will be introduced as well as arm weights and magic circle.

**Wednesdays at 6pm** – a basic class for both men and women, focusing on control and precision. Arm weights and magic circle will be used.

**Fridays at 10:30am** – We will continue the open mat class for all levels.

## Exercise of the Season

Teaser on the Spine Corrector – an exercise to deepen your powerhouse and work on balance, and articulate the spine.

## Welcome

We welcome a few new faces to the studio – Courtney Atwood, Kirsten and Erik Christopherson, and Spike Carlson. Be sure to say hello!

## A Winter Recipe

I wanted to share one of my favorite recipes, perfect for this time of year. I hope you enjoy it!

## 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.

## 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.