



## PILATES Fall 2011 Newsletter

### Pilates Studio News

Hello from the **PILATES** Studio at Genesis Health Clubs! This is the first of our seasonal newsletters. I'll always try to include all schedule updates and changes as well as new packages and specials.

We're really excited as we get into the cold weather and I can't think of a better place to warm up and get in shape than our **PILATES** Studio! If you haven't been up to the studio please come visit us on the 3<sup>rd</sup> floor at RR or the 2<sup>nd</sup> floor at WC and sign up for a complimentary studio orientation. Our desk staff can direct you if you need help finding us. Our studios are isolated from the rest of the club so that you can have a quiet, private and focused experience.

For those of you that have been with us, THANK YOU! We appreciate your business and your commitment to **PILATES** exercise! ALWAYS feel free to bring guests so that we can continue to spread the benefits as well as the "fun" to everyBODY!

YES, **PILATES** is a workout BUT first you must learn what the system is all about so that you can get the results you need and want. **PILATES** will change your body from the inside out. Our trainers will work with you according to your goals and postural needs. **PILATES** is for men and women of ALL ages and fitness abilities. You will learn how to use your body to its fullest potential while strengthening your core as well as building muscle balance. **PILATES** will compliment ALL that you do. For example, a runner needs muscle endurance, strength and flexibility and one who wants to improve their golf game needs to improve mobility, flexibility and coordination....so if a person is doing at least 2 - 3 **PILATES** workouts per week they will experience an improvement in speed, coordination, flexibility, strength and endurance as well as the way you feel before and after your workouts. For those that would primarily like to tone up and stay in good shape **PILATES** IS a full body workout that will tone, strengthen and tighten the abdominal region! Whatever the reason **PILATES** will make you stand taller, move better, and feel great! **PILATES** is "training for life".....

Pick up a brochure in the **PILATES** studio at either our Rock Road or West Central locations and PLEASE contact me, Kelli Harsh, **PILATES** Director so that I can answer your questions and schedule your FREE **PILATES** studio orientation. Let me help you find the program that will best meet your needs!

Please read on so that you can learn about our special fall **PILATES** programs. I'm looking forward to seeing all of you in the **PILATES** studio!

Kelli Harsh  
Pilates Director Genesis Health Clubs  
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## FALL NEWS AND UPDATES

### FALL REFERRAL PROGRAM - Begins right away and ends November 11<sup>th</sup>!

Who can best express the benefits received by participating in a regular **PILATES** program than someone that has been practicing **PILATES** for awhile???

During the month of October any current student working with a **PILATES** trainer including Group Reformer/Equipment classes that refers someone to our studio will receive the choice between a FREE 30 minute private **PILATES** session or one Group Reformer class.

This is how it works; If you currently attend Group Reformer or Group Equipment classes or do private or semi-private **PILATES** training just let your instructor know that you have a guest that would like to give **PILATES** a try. Give the contact information to the instructor (and make sure your friend says it's ok). Then the instructor will set up the complimentary session. If the guest signs up YOU get a FREE **PILATES** Reformer class or a 30 minute private session with the trainer of your choice!

You will also be entered into a drawing (just for referring a guest) for a one year subscription to "Pilates Style" magazine! We'll announce the winner on Tuesday, November 15<sup>th</sup>.

*We are looking forward to meeting your family & friends!*

### PILATES WEEK - November 7 - 12

This will be a fun week of special classes, studio orientations for new students, open houses, incentives and more! We want to build **PILATES** awareness for new students and create a new energy for our current **PILATES** students.

Incentive program: Anyone that attends 5 **PILATES** events during **PILATES** Week will receive a FREE Open Gym Workout that will take place on Saturday, November 26<sup>th</sup> from 8:30 - 10:30AM at Rock Rd just in time to work off your Thanksgiving feast! Also anyone that attends 5 **PILATES** Week events will be entered into our drawing for a fun **PILATES** prize which includes one of the following; one year subscription to Pilates Style Magazine, a pair of **PILATES** ToeSox, a cozy **PILATES** T-shirt and more....!!!!

Drop in any time this week and sign up for a new student complimentary **PILATES** session with one of our **PILATES** Trainers! The signup book will be out on the table as you walk in. I'll check the book every day and contact you!

**PILATES** WEEK Specialty Classes & Open House events; Please check out the schedule that I'll send out in a couple days and sign up for any of our specialty **PILATES** classes by replying to this email. Also please contact me by phone or email if you have any questions about our programs.

*See you in the studio!*