

# Authentic Pilates Stillwater

## Notes from the Studio

*Fall 2009*

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111 Cherry Street West | Stillwater | 651.439.9656

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Fall is here! Welcome back to everyone who has been on summer trips. Authentic Pilates Stillwater will have a lot of activity going on this fall. In an effort to keep you all informed, here are some notes from the Studio.

## Studio Closed

It's that time of year again for my continuing education. The Studio will be closed from Wednesday, September 30th through Friday, October 2nd while I am in New York for my continuing education.

Additionally, the Studio will be closed on Monday, September 7th and Thursday, September 10th.

## Zipper Trouble

Please make an effort to avoid wearing clothing with zippers to your Pilates sessions. Zippers tend to cause damage to the leather on the apparatus, which is very difficult and costly to have repaired.

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## Mat Classes

Friday morning mat class will now be held from 10:30am-11:30am. Please be sure to use the sign up sheet at the entrance if you wish to reserve a spot.

Monday morning mat class from 6:30am-7:30am will be extended through November 30th. This has been a popular time for mat class, and we'll restart at that time in the spring.

## Renovations and Parking Upgrades

Beginning in the month of September, I will be having new parking spaces added, in addition to the construction of a garden courtyard at the entrance to the Studio. During this time, please plan to use street parking, as crews will be using the driveway for heavy machinery. I will keep you posted as to start dates and progress.

## New Cancellation Policy

I am initiating a 24-hour cancellation policy for all scheduled sessions. This gives me time to fill your spot, obtain a duet partner if needed, fill a mat class, and plan my schedule accordingly. Thank you for your courtesy. (As always, I will continue to be flexible and understanding in cases of sickness and emergencies.)

## Welcome

I want to welcome some new faces to Authentic Pilates Stillwater. New to the Studio are Lea Hill, Elizabeth Kamman, and Kat Carlsen. Be sure to say hello!

## Now 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 on vacation. Books are priced at \$18, DVD series at \$21, and the Magic Circle at \$30.

*Pilates Booties* and *Tee Shirts* are available for \$20.

*Gift Certificates* are available in any denomination.

## Keep the Studio Healthy

The flu and cold season is upon us once again. Please don't hesitate to cancel your session if you are not feeling well.

## Bulletin Board

Upcoming events and notices are on the bulletin board located at the entrance. Please take a moment to review.