

Authentic Pilates Stillwater
111 Cherry Street West | Stillwater | 651.439.9656

Studio Closed

The studio will be closed from the time of my delivery through the month of April. In the month of May, I will reopen the studio one day out of the week. I will keep you informed as to the schedule and give you an opportunity to sign up for sessions.

I am arranging for two guest teachers from New York and one from Minneapolis to teach sessions on Saturdays in May. All three are trained through True Pilates New York. I will be in contact with you when dates are firmed.

As you may have heard me mention, I am waiting to hear when Katie, our New Zealand Pilates instructor, will be arriving. My hope is that she will be here for summertime instruction. Once again, I will inform you as definite dates materialize.

Notes from the Studio *Early Spring 2011*

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I want to thank everyone again for your continuous support over the past few months. I have had an incredible pregnancy and feel so fortunate to be able to continue my teaching schedule and to see all of you each week. I would like to inform and share with you what you can expect in the upcoming months.

Baby Due Date

March 16th is the official due date for Baby Utin. My plan is to teach up until that time. Not knowing the exact day that she will arrive, I would like everyone to leave their email address on a sign-up sheet located on my desk. In this way, we can reach out to you quickly to let you know when classes and sessions have been suspended. In case you haven't received or read your email on delivery day, I will also leave a sign on the studio door that will inform you of the studio closing.

A Gift From Me to You

I hope you all will enjoy "The Pilates Practice Companion" book, written by Alycea Ungaro, and that during the time that the studio is closed you will find it helpful in continuing your Pilates practice until my teaching schedule resumes.

I want to thank each and every one of you for your advice, your wisdom, and your support during this very exciting time. I look forward to seeing all of you when I get back!

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