

Authentic Pilates Stillwater

Notes from the Studio

Fall 2010

111 Cherry Street West | Stillwater | 651.439.9656

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Turning the corner into fall, I hope everyone had a great summer! I have enclosed some helpful tips for “Good Habits to Get Into,” “Common Mistakes to Avoid,” and a healthy fall recipe for you to enjoy.

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

Studio Closed

The Studio will be closed Monday, September 27th and Tuesday, September 28th -- no scheduled sessions. Also, it's that time of year of my continuing education in New York City. Accordingly, the Studio will be closed from Friday, October 15th through Wednesday, October 20th. Sessions will resume Thursday, October 21st.

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.

New Procedure

There will be a slight change in your payment procedure beginning October 1st, or when your next package is due, whichever comes first. I will be having you initial a dated card after each session. This will help keep payments on schedule, and will allow you to see how many sessions you have remaining in your package before you're ready for a new one.

On the Shelves

I am unable to order additional booties for the shelves. I'm looking for suitable replacements to take their place.

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 a few new faces to the studio – Pam Roth, Candace Simpson, Doug Parker, Claudia Morgan, Seari Steblay, and Jan Hollstrom. 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 time 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 on the bulletin board. Please take a moment to review.