



Check
us out
online!

Pilates Plus Wellness Center

www.proskillsplus.com
Newsletter

Spring 2010

14400 Old Mill Rd. Ste. 201 Upper Marlboro, MD 20772 (301) 952-1111

Blessings and Prayer Board

If you have not seen it, we have a blessings and prayer board at the studio. Please share with us any blessings and accomplishments you have received or prayer requests. Currently, we are keeping **Sheldon Gnat's** Mom (99 1/2 years old), who recently fell and **Sharon Garrison's** sister, who suddenly passed in our thoughts and prayers. Share your own blessings and prayers the next time you are in the studio!



Race For The Cure

The studio will sponsor a group to walk/run on June the 5th. We will donate \$10.00 for each student that registers. Once you register, send us your confirmation letter and we will add \$10.00 to the kitty. Theresa Rhine, Yoga student, will be your team leader. If you are interested in joining us, please email the studio and watch the weekly announcements for more information.



Growing and Improving

We are so excited to announce that we have many wonderful changes planned to improve our services and products for you.

System Upgrade: In response to the growing numbers in our classes and with our therapy clients, we have purchased a new studio software program which will allow you to register and book therapy appointments online effective the Summer Session. We are very excited about all of the new features that we will have to help serve you better.

Website: We've entered an agreement with a national company who is (at this present moment) upgrading our website and helping us to expand. We are very excited to have the talented ladies of **THREEDAMES** working for us and you! Look for us on **FACEBOOK** soon!

Independent Practice: In response to your many requests, we will install a laptop in the group area and you will have access to short video "shows" of your favorite routines (i.e. foot savers, foam rollers, rope stretches and more.



2010 Schedule of Classes

For those of you who like to plan ahead, listed below are sessions for the entire year:

- * Summer Schedule Published May 7th
- * Summer Break I May 28 – June 5th
- * Summer June 6 – August 8 (9 wks.)
- * Summer Break I August 9-14
- * Summer Sampler August 15 – August 21
- * Summer Break II August 22 to September 5
- * Fall I September 6 – October 31 (8weeks)
- * Fall II November 1 –December 22 (8 weeks)
- * Holiday Break December 23 – January 2

Teachers In Training


We are responding to the growing demand for Yogilates and Yoga classes by improving our knowledge of Yoga Therapy. Both Susan Spangler, Owner, and Diana Miller, Pilates Teacher, will be attending Balanced Body Yoga Therapy training and will complete that program of study in July of 2010. We thank you for your growing interest and appreciate your encouragement and support as we enter this awesome journey!

Upcoming Expanded Workshops

You asked for it! And you got it! Please see our new workshop flyer which includes more Yoga and Pilates workshops and an AWESOME Energy Healing session. We have some talented teachers and speakers flocking to work with you, enjoy! If you have a topic of interest that you'd like to see I workshop form, let us know!



More News On the Back!!

Meet Our Teachers 

Summer Programming Suggestions

We will be working on the summer schedule during Mid-April. We have had some suggestions on class formats already: Sunrise Yoga, Sunrise Pilates Circuit and various workshops. If you have a request, or a favorite that you want to keep, **PLEASE EMAIL US AND LET US KNOW!**

We Want To Hear From YOU!

Your feedback is important to us. Please share comments or feedback with us on how you think we might improve. This is your studio; help us grow and improve!



Christian Yoga



Christian Yoga is back! Currently, we have four openings left in the Sunday, 7:00 p.m. class which begins on 4/18. Call the studio to register.

FREE: Aromatherapy Offer

A reminder to you that you are entitled to a free aromatherapy consultation with Lorraine Rimando, our Holistic Aromatherapist. She can answer questions for you on how aromatherapy works and how it might help you or someone you know. Lorraine is available by appointment and is amazing resource. You can contact her directly, for a free consultation (301) 785-8407.

Policies and Procedures

At this time, we would like to remind students about our make up policies: If you need to cancel a private, please give us 24 hour notice. If you are not able to make a class, please give us 48 hour notice so we can try and get someone else into your spot.

Either way, if you know ahead of time, it is best to let us know in advance so you can make up your class and others can take your spot for the day! Remember, the schedule and make up list is always on the website for your convenience!

Meet Our Teachers!

Susan Spangler

Susan Spangler is the Director and Owner of the Pilates Plus Wellness Center and Pro-Skills Plus, Inc. She is a Physical Mind Institute certified Pilates teacher receiving their certifications in Mat and Apparatus. She holds a professional certification from Peak Pilates having completed PPS I, PPS II, and PPS III and Chair Level I and Level II programs. Susan is an American Council for Exercise (A.C.E.) group fitness instructor and C.P.R. certified through the American Red Cross Health Care provider system. Additionally, Ms. Spangler is a nationally certified Pilates Teacher through the Pilates Method Alliance (PMA) and has recently completed Phase I certification in the Yamuna Body Rolling Method. Susan finished her RYT certification with Yahweh Yoga, a Christ-centered Yoga program and begins Yoga Therapy Training in April 2010.

Theresa Bealle

Theresa is our "personal trainer extraordinaire" board certification of the National Academy of Sports Medicine. Her personal training background helps her to help our clients who are looking to increase strength, endurance and overall fitness. We are so excited to round out our health and wellness offerings with boot camp classes.

Diana Miller

Diana is our newest addition to the studio and is currently teaching level I Pilates. She graduated from the Body College in Washington, D.C. and is currently in Yoga Therapy school and will soon be teaching beginner Yoga and Yogilates.

Yvonne Jones

Yvonne Jones received her yoga training from The Columbia School of Yoga, in Columbia Maryland. She has received additional certifications as a Christian Yoga teacher from Yahweh Yoga in Chandler Arizona. Yvonne has discovered many personal benefits from practicing yoga and her passion for Yoga blossomed. Her teaching philosophy is that everyone begins somewhere and yoga is accessible to everyone!

Janelle Jones

Janelle was first introduced to yoga about ten years ago while attending Florida State University. She immediately fell in love and has been practicing ever since! Janelle has completed certifications in vines flow yoga and has continued her studies in Anusara style of yoga. As an Open Water SCUBA instructor, Janelle was given insight into the various learning styles and abilities of each individual. In her yoga classes, she honors this individuality in each of her students and through her love of teaching.

Dr. Timothy Thompson

Dr. Tim Thompson is proficient in open-hand and weapons forms, as well as push hands. He holds a black belt in the ancient Chinese internal martial art of Tai Chi Chuan under Grand Master Dennis Brown, with whom he has studied for the past seven years. In addition, he is an advanced kundalini yoga meditation practitioner. He has a Ph.D. in Organizational Communication from Howard University.