



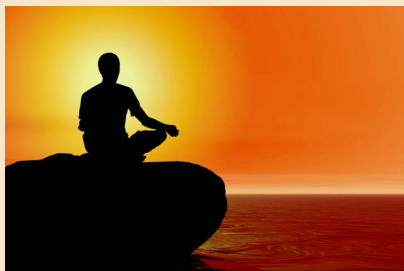
# Weekly Announcements

November 8, 2010

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Welcome to the Pilates Plus Wellness Center Weekly Announcements.

Whether you were just in for a session or it's been a while since we've seen you--we hope you are well! If you are new to the studio, you will find information in this publication including, **announcements, make-up class slots, available appointment slots, and community news!** We want to be your provider for health and wellness products and services; please let us know what we can do to serve you and this community.



## New Classes Start Today!

The new session starts today! If you have not had time to register, the following classes still have openings:

- Monday, 5:30 p.m. Express Pilates Mat with Diana
- Monday, 7:30 pm QiGong with Judy
- Thursday, 6:30 p.m. with Theresa
- Friday, 10a.m. Pilates Mat with Susan
- Sunday, 6 p.m. Pilates Mat with Diana & Susan
- Sunday, 7 p.m. Christian Yoga with Susan and Yvonne



The full class schedule for winter I, 2010 is available online, [click here to register](#). The session runs 11/8 to 12/23. There are no classes 11/24 through 11/28 during the Thanksgiving break.

We are sorry that some classes filled quickly--if you did not get the class you wanted, please tell us. We are planning the 2011 session now and will add more classes if necessary.

## Open Class Slots

**If you are planning an absence this semester**, please take advantage of these open slots this week only:

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- Monday, 5:30 p.m. Express Pilates Mat with Diana
- Monday, 7:30 p.m. QiGong with Judy
- Tuesday, 6:30 p.m. Mixed Level Chair w/Susan \*
- Thursday 4:30 p.m. Flow Yoga w/Susan
- Thursday, 6:30 p.m. with Theresa
- Thursday, 7:30 p.m. Reformer Mat w/Susan
- Friday, 10a.m. Pilates Mat with Susan
- Sunday, 6 p.m. Pilates Mat with Diana & Susan
- Sunday, 7 p.m. Christian Yoga with Susan and Yvonne

\*Must have previous chair experience--this class counts as two make up slots.

**-CALL OR EMAIL TO RESERVE A SPACE**

## Open Therapy Slots

### Massage

We are currently looking for a massage therapist who wants to join our family--if you know of a licensed therapist, please pass the word!



**Veronica** will be available for **Thai Massage** once a month on Saturday's at noon. If you want to see Veronica in October, call or email ASAP. Let us know if you want to see her in November.

### Acupuncture

Julie has the following openings on **11/10 8:00, 9:15, 10:45, and 11:30 a.m.**

### Aromatherapy AND Reiki

Lorraine is available by appointment for either Aromatherapy or Reiki. She is happy to offer you a FREE 15-minute aromatherapy consultation; call the studio to schedule.

### Nutrition

Vivian is available for 1-1 consultations this week. The cost for an initial consultation is: \$75.00; follow up appointments are \$65.00. Please call to schedule an appointment.

## Emotional Eating Workshop

Reminder: November 13th, 2010 (This Saturday!) is the Emotional Eating Workshop, featuring Dr. Mary Shaughnessy. Let Mary help you prepare for this food-oriented season; she will equip you with the skills and knowledge you need to maintain and even lose weight! [Click here](#) to register for her workshop, under the workshops tab. Cost is \$35.00, workshop is 4-6 p.m.



## Race Day Results!

Below is client, Karen Long, who came out to support the Race For The Wildlife! Karen and I finished the 5k---we talked more than we walked, but enjoyed a beautiful fall morning in the woods with nature! Mark your calendar for next year, the first weekend in November.

This is a fun community event!



## We Are Hiring! Massage Therapist.

We are looking for a licensed massage therapist to join our family of wellness professionals. If you know someone that wants to be a part of our loving, caring team--have them contact us.



Thank you for supporting the studio with your business and loyalty. As always, we are open to your ideas and feedback. Tell us how you like the NEW newsletter by emailing us at [pilates@proskilsplus.com](mailto:pilates@proskilsplus.com)

Yours in health,

Susan Spangler, Owner  
Pilates Plus Wellness Center

## FREE Fundamentals of Pilates and Yoga

We will offer two more opportunities this semester for new folks to take the FREE fundamentals of Pilates and Yoga this Sunday at 5:00 p.m. [Register online](#) for this session. For the first time, we will offer both sessions in one. Plan on 45 minutes for this class. This is a great opportunity for someone new to learn the basics before taking a class, or for a refresher!

## Evaluation Time: Please Help Us

To help us better evaluate our teachers and classes, we need your help. Would you please complete an online evaluation? It only takes a few minutes and will help us plan for future classes and share valuable feedback with your teachers. [Click here](#) to complete and evaluation.

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