



'Back to Pilates North' Fall Session



Schedule & Class News

Our 'Back to Pilates North' fall session begins Tuesday September 6th right after the September long weekend. Our summer certainly had a late start so we hope everyone had an opportunity to enjoy some holiday time during our warmer and drier days.

Our September schedule is now on our website. We are back to full schedule mode complete with Saturday classes. Our September schedule is 8 weeks in length and goes to Saturday, October 29th. We have added a number of classes as September is the time we like to get back to our regular fitness schedule. A class session is attached for your convenience however we are still expecting some changes so check our website for the latest schedule.

'Back to Pilates North' Specials!!

The market is inundated with 'Discount Coupons' to encourage new clients to try various facilities and services. We at Pilates North have decided to take a different route and want to offer specific discounts to our existing clients as well as new clients. Therefore, this September, we are introducing two new pricing options – Value Zone & Student Instructor Rate.

First, the Value zone! Every week day, Monday to Friday, from 3:00 p.m. to 4:00 p.m. every class, private, or semi-private is priced at a value savings of 25%. For example:

An 8 week mat class is regularly priced at \$126.00. In the Value Zone, the same class will be priced at \$94.50. We must have at least 4 clients registered for a mat class and at least 3 clients for a combo class.

One regular private session is \$68.25 – a value zone price would be \$51.19.

The second pricing option this fall is a student instructor rate for privates and semi-privates. A Student Instructor is an instructor who has taken their training but has not yet taken their exam. We have new instructors starting this fall who have taken their training and are in the process of preparing for their exam. We will be offering a Student instructor rate for privates and semi-privates whenever we have new instructors starting.

Student Instructor rate for a private is \$ \$55.00 plus GST.

Semi-Private rate is \$30.00 per person plus GST.

A package of 5 sessions is further discounted for both privates and semi-privates.

The Value Zone and Student Instructor rate cannot be combined and are based on instructor availability. The eligible classes and private/semi-private sessions begin September 6th, 2011.

Inspirational Moment....

"A smile is the beginning of peace."

Mother Teresa

*Pilates North
Newsletter*

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Studio News

We now offer both TRX and Mat drop-in passes. They can be used for any TRX or Mat class where there is availability. In order to better manage our drop-in passes, you can only reserve a spot up to a maximum of a week in advance by phone, email or in person. Our passes have no expiration date and they are transferable to friends and/or family.

We are introducing a registered 'Lunch Crunch' class this fall. This fast paced, all 'ab' workout will target the core to increase strength and endurance. This class utilizes the Pilates core principles but introduces different and effective exercises.

Our Fitness Kickboxing class continues to get great reviews. This class has been full with a waiting list for the last two sessions so we have added more classes to our fall schedule. We now have two Women's Fitness Kickboxing classes and are launching a Co-Ed Fitness Kickboxing class. This is a fun, challenging and high energy session that incorporates cardio and utilizes interval training techniques.

We have included two Circuit classes in the fall session. One is a Pilates Circuit class utilizing the reformer, tower and chair. The other is a Fitness Circuit class. This class uses the TRX, Fitness Kickboxing, skipping ropes, resistance bands and anything else that Andrea has in her possession.

Registration is now open for the fall session. Please give us a call to sign up for your favorite classes. We have included a copy of our September schedule for your perusal. Our new session starts September 6th and runs for 8 weeks to October 31st. As a friendly reminder, the studio will be closed for the September and October long-weekends.

Instructor's Corner

The instructor's corner is where we acknowledge our instructors passion for continuing education and keep you updated on 'Instructor News'. It is our opportunity to showcase the commitment our instructors have in providing you with the best training possible.

Training

Andrea and Kristy will be taking their Advanced Mat in September.

Stacey and Brigitte are taking their Advanced Mat in September and are preparing to take their exam for Essential and Intermediate Mat and Reformer.

News

We are excited to have two new Pilates instructors join the Pilates North team! Please welcome Stacey Mather and Brigitte Perras. They come with various backgrounds and experiences and embrace our studio philosophy of friendliness, fun and focus. We will be introducing them in our next newsletter.

We would also like to introduce Meagan Gray. Meagan is a personal trainer who is taking her Pilates at our studio. She will be teaching our Co-ed Fitness Kickboxing and TRX/Cardio workout. If you are looking for a high impact class with maximum sweat factor, these are your classes.

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Good Health Recipe

Sesame Sir Fried Asparagus and Peas

- 2 teaspoons hulled sesame seeds
 - 1 1/4 pounds asparagus
 - 1 teaspoon olive oil
 - 1/2 cup minced red onion
 - 1 clove garlic, slivered
 - 1 cup frozen peas or fresh snow peas
 - 1/2 teaspoon salt
- 1.** Toast Sesame seeds in small, heavy skillet over low heat, stirring frequently until golden brown, about 3 minutes. Transfer to plate to prevent further cooking.
 - 2.** Cut asparagus on diagonal into 2 inch lengths. Spray large nonstick skillet with nonstick cooking spray. Add oil and heat over medium heat. Add onion and garlic, and cook stirring until onion is tender, about 5 minutes.
 - 3.** Add asparagus, peas and salt to pan and cook stirring frequently until asparagus are crisp-tender and peas heated through, about 3 minutes.
 - 4.** Sprinkle sesame seeds over asparagus and peas and toss to combine. Optional: Add 1/4 cup of feta cheese.

Recipe from :Cooking Smart for a Healthy Heart