

Moving Balance



equilibrium PILATES Newsletter: Fall 2007

Welcome to the first issue of Moving Balance!

Our new newsletter will be coming out periodically throughout the year and will be full of events at the studio, Pilates ideas, and educational information. In this issue please note the rate changes on pg 2, effective September 1st, as well as the great workshops coming at the end of the month. Virginia Nicholas is here from Tempe, Arizona, and Sara Meeks, P.T., from Florida, will be doing a workshop on Osteoporosis and Pilates. Whether for your regular session or to participate in a workshop, I hope to see you at the studio this fall!

-Dagmar Viberg

Check out our Fall Schedule for 2007 below!

PILATES GROUP REFORMER WORKOUT SCHEDULE						2007
	Monday	Tuesday	Wednesday	Thursday	Friday	
AM	8:00	9:00	7:30	8:00		
	10:00		10:00	9:00		
PM	12:00N	4:00	12:00N	4:00		
		5:00		5:00		
		6:00		6:00		

DATES TO REMEMBER AT EQUILIBRIUM:

Studio Closings:

- September 3 (Labour Day)
- October 8 (Thanksgiving)

Workshops:

Osteoporosis and Pilates With Sara Meeks PT.*

September 20,
6:30pm - 9:00pm

A Weekend with Virginia Nicholas*

September 29 & 30

Call 478-9099 to book a spot!

*See website for more info

What Clients are Saying:

"Dagmar says things that touch me on many different levels and I take her advice, etc. and apply it to my PILATES and then to other areas as well. She has gone past memorizing moves - she has 'full bodied' the experience for me because she has 'full bodied' the experience in herself."

-Jill Forsyth, 5 years at Equilibrium

Don't forget to check out our new and improved website for current training options, upcoming workshops and more at:

www.equilibriumpilates.ca



Moving Balance Fall 2007

New Rates Effective
September 1, 2007*

Reformer Orientation	\$300
Private Sessions with Dagmar Viberg	\$95/55min
5 sessions:	\$405
10 sessions	\$792
with Shona Leakos	\$65/55min
5 sessions:	\$292
10 sessions:	\$572
Private Group Workout	\$105/60min
Group Sessions (Maximum of 3 Clients/group)	
1 workout per week	\$28/1hr
2 workouts per week	\$56/2hr
3 workouts per week	\$84/3hr

*Rates effective immediately for new clients

In the Studio:

We will be welcoming Michelle Pawson and her colleague, Meagan Broner, from Saskatoon September 25th - October 1st. They are observing the privates and group workouts as they continue their Core Dynamics Pilates Certificate.



Shona, Michelle, and Dagmar

Living Pilates: Before you get out of bed in the morning take 2 minutes to stretch the body from head to toe and vocalize a big yawn to greet the day.

Some Reminders about Studio Etiquette

Check in

Please arrive at least 10 minutes before your scheduled appointment. This will allow adequate time to change, and to warm up before your appointment. Arriving late for your scheduled service will deprive you of valuable body conditioning time. To avoid delaying the next client, your session will end on time regardless of how late you begin.

Parking

There is limited parking on the east side of the building, access from 11th Ave going west. Please leave your license plate # at reception. Additional metered parking is available on 11th Ave, 7th St and 10th Ave SW.

Cellular Phones

equilibrium PILATES is a place of tranquility. Since serenity is so important for body mind conditioning we ask that you please respect the privacy of other clients and their wish to experience personal renewal in complete tranquility. We ask that your noise level not disturb our other clients. Please refrain from the use of cellular phones and pagers. Please turn off cell phones before entering the studio.

Allergies/Perfumes and Colognes

Because some clients may suffer from environmental allergies, we request that you refrain from wearing perfumes, fragrances, hairspray and colognes in the studio.