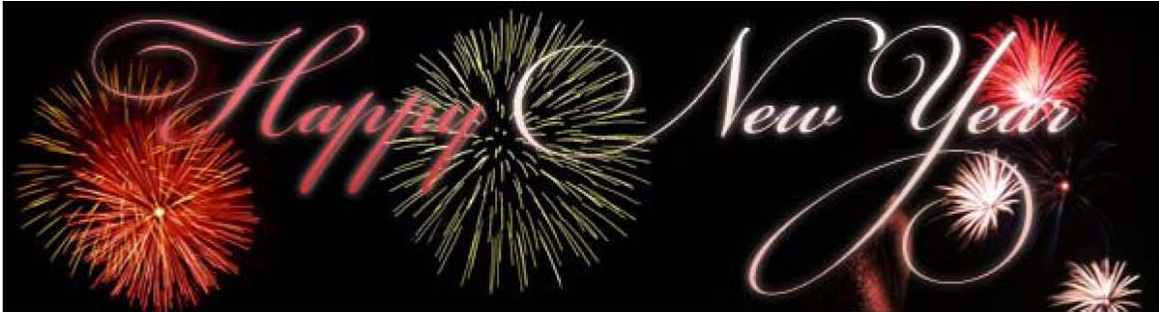


The Pelvic Press

Core Conditioning

January 2009 - Issue 6



In This Issue

Core Specials
 Dear Valued Clients
 Our Story
 Core Education
 Featured Core PT
 Core Exercise of the Month
 Win \$20!
 Core Customer Satisfaction
 New Group Classes!



Happy New Year!

from Core Conditioning

Core Specials

Quick Links

[Core Conditioning](#)
[Core Customer Satisfaction](#)
[Balanced Body](#)
[Pilates Method Alliance](#)
[Redcord/Activcore](#)
[California Education Connection](#)

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- Enjoy **HAPPY HOUR PILATES** private sessions Mon-Sat 2-5pm (Burbank) and 2-4pm (Studio City) for only \$50! (a \$75 value)
- **SEND A FRIEND** and receive one free Pilates private session!
- Write an **ONLINE REVIEW** or take our **SURVEY** and win cool prizes! See below for details.
- Get your **CORE PUNCH CARD**. Come to 12 Pilates privates or classes in one month and get 10% off your next purchase.

Dear Valued Clients,

We'd like to start off by saying "thank you" for choosing Core Conditioning for your rehabilitative and fitness needs. We all greatly appreciate your patronage and support your ongoing commitment to health and wellness. As we move forward into 2009 we are developing a variety of new ways to bring Pilates, Gyrotonic and whole body health into your everyday lives. In addition to a significant increase in the number of fitness and class offerings available at Core Conditioning, we have some changes that will take effect in the upcoming year. We are implementing a change to our price list effective January 1, 2009. Please refer to the new price list for details. As a courtesy and a thank you for your loyalty, we would like to extend our 2008 prices until February 1, 2009.

We are pleased to announce that we have been named the first Master Training Facility for

[ActivCore](#) (Redcord). This revolutionary system of functional exercise and muscle activation addresses the whole spectrum of fitness applications including performance, wellness and rehabilitation. It is an honor for us to have been chosen to represent this incredible company. We will not only be utilizing the equipment, but conducting both fitness and rehabilitation based training courses teaching others how to integrate this system into their existing practices.

We are looking forward to serving your needs in 2009 and are very excited about the upcoming year. For any additional information about what is going on at Core Conditioning, please refer to our website at www.coreconditioningpt.com. We are expecting that 2009 will be an exciting year. We encourage you to take advantage of all that Core Conditioning has to offer.

Sincerely,



Allyson Cabot

Dawn Marie Ickes



Gabrielle Shrier

Our Story

The Inception of Core Conditioning

Many of our patients and clients have come to know their Physical Therapists and Pilates instructors and in turn, have come to know the unique characteristic environment that defines Core. Each member of Core's family has a special way of guiding their patients and clients through rehabilitation, whole-body fitness, and lifetime wellness goals. This type of wellness center differs from the conventional Physical Therapy clinic or Pilates studio in that it integrates 100% of both worlds. This was the dream of its creators, Allyson Cabot PT, Dawn-Marie Ickes, MPT, and Gabrielle Shrier, MPT.



The evolution of this project began in 1991 when each of them individually realized their passion for movement as a rehabilitative tool. Nine years later, their paths crossed and collaboration for their shared vision began. It was evident to each of the partners (who had similar experiences in their previous clinical practices) that in order to feel unlimited in their capabilities as therapists and stay true to their beliefs they would have to create that environment themselves.

In 2003 their vision became a reality. Their first location had minimal Pilates equipment and a small curtained off area for patient treatments. It was small, but provided the framework for what would become Core Conditioning. This space was quickly overflowing because of the needs of local communities for this type of approach to rehabilitation, wellness and fitness. Currently Core Conditioning has two state of the art locations in Burbank and Studio City, California offering their approach.



For more information regarding the specialty services offered at Core please visit us on the web at www.coreconditioningpt.com.

Core Education

Please email Jeanine at educationinfo@coreconditioningpt.com with questions.

Check out these upcoming workshops:

January 9-11 2009

Special Conditions Workshop

at Core Conditioning, Studio City, CA

Please visit www.pilates.com for more information

January 23-25 2009

Reformer III, Teacher Training Module

at Core Conditioning, Studio City, CA

Please visit www.pilates.com for more information

January 24-25 2009

Using Pilates Rehabilitative Methodology To Treat 2 Common Skeletal Conditions: Hypermobility and Scoliosis

at Core Conditioning, Burbank, CA

Please visit www.californiaeducationconnection.com for more information.

January 31-Feb 1 2009

Intro to Activcore® Trainer Workshop

at Core Conditioning, Studio City, CA

Please visit www.activcore.com and www.redcord.com for more information.



Featured Core Physical Therapist

Stefani Hemphill has been a physical therapist at Core Conditioning since its inception in 2004. Her holistic and multi-disciplinary approach to physical therapy allows her to treat her patients with a program that is unique to their individual needs.

Stefani received her Masters in Physical Therapy from Mount St. Mary's College and her Bachelor's in Science from Vanderbilt University. She is certified in Craniosacral Therapy and Pilates. She is a member of the American Physical Therapy Association and the Upledger Institute.

"Our mission is simple: to relieve your pain and help you improve your quality of life for the long term. To fulfill this mission, we draw on our extensive training and provide the very best of today's advanced therapies to relieve your pain and help you heal from injury or surgery. It also means helping you gain a greater understanding of how you can keep fit and prevent reinjury. Because we believe in the value of movement, flexibility and strength as part of a healthy life, we educate and empower you to gain all of these benefits as well."



To schedule an appointment with Stefani, please call our Studio City location at (818) 907-0008 or Burbank location at (818) 729-9419.

Core Exercise of the Month

Clams and Hydrants help stabilize the pelvis and strengthen the musculature surrounding the hips, back, and abdomen.

Start by lying on your left side with knees bent at about a 90 degree angle. Align your head, shoulders, ribcage, hips and heels in a straight line. Lift your waist off the floor and pull in your abdominals to activate your core.

1) Clams - Keep heels together and open the knees like a clam. You should keep your pelvis absolutely still. Repeat ten times.

2) Hydrants - Separate the heels and lift the bent leg up, shin parallel to the floor..... like a.... well, you get it now! Repeat ten times.

Things to monitor:

- Cradle your head in your hand or on your arm. If there is still tension in the neck, use a pillow.
- Keep your top hip "stacked" right on top of your bottom hip.
- Lengthen your waistline on both sides and reach your pelvis away from your ribcage. No resting!
- Control the leg opening and closing. No sudden, unsupported movements.
- Keep the pelvis absolutely still.
- Remember to breathe!

Switch sides.

- By Kelly Gill

Write a Review and Enter to Win a \$20 Coupon!

Write a review for Core Conditioning and we will enter you in a monthly drawing to win a \$20 coupon towards your next purchase. (Not for use on insurance-related payments. Limit one coupon per customer). Visit the sites listed below by clicking:

[Yelp! Burbank](#)
[Yelp! Studio City](#)
[Google Maps](#)
[Yahoo Local Burbank](#)
[Yahoo Local Studio City](#)
[CitySearch Burbank](#)
[CitySearch Studio City](#)

**Core Customer Satisfaction Survey**

Fill out and submit our Core Customer Satisfaction Survey and enter for a chance to win a **FREE GROUP MAT OR EQUIPMENT CLASS!**

[CLICK HERE TO PARTICIPATE IN OUR SURVEY](#)

*Prerequisites apply for equipment classes

New Group Classes!

Check out these **NEW GROUP CLASSES** as of 1/1/09 at Core Conditioning!

Studio City:

Friday 10:00am Group Reformer Equipment Class (Beg/Int) Emma

Burbank:

Wednesday 11:00am "Pilates Potpourri " Specialty Mat/Equipment class (Beg/Int) Kelly

**NEW!!! FREE COMMUNITY CLASS
"INTRO TO PILATES MAT"**

Includes brief history of the Pilates Method and introduction to Pilates Matwork.

First Saturday of every month @ 2pm Core Conditioning, Burbank

Instructor: Kelly

Please call to reserve space: 818-729-9419

All levels welcome

Limit one class.

* Please call to sign up in advance. A 24 hour cancellation policy applies.

Visit www.coreconditioningpt.com for a complete list of group classes.

12930 Ventura Blvd., Suite 226A
Studio City, CA 91604
818.907.0008

info@coreconditioningpt.com

2520 W. Olive Ave., Suite 300
Burbank, CA 91505
818.729.9419

burbankinfo@coreconditioningpt.com

www.coreconditioningpt.com

Kelly Gill,
Core Conditioning

Save 10%

Bring in this coupon and receive 10% off any package of group Pilates Mat or Equipment classes!
Visit www.coreconditioningpt.com for our group class schedule and pricing options.



Physical Therapy
Pilates
Gyrotonic™

Offer Expires: February 1, 2009 - Cannot be combined with other discounts

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