

The Pelvic Press

Core Conditioning

July 2009 - Issue 11



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Dear Valued Client,

Celebrate Your Independence!

Set some time aside for yourself and enjoy a weekly Pilates session from Core Conditioning. What better to go with your summer barbecues than a Happy Hour Pilates session!

Mon thru Sat 2-4 Studio City
and Mon thru Sat 2-5 Burbank

*No alcohol served, sorry!

Core Specials

- **DYNAMIC DUO** Kids take a mat class while parents take an equipment class... for only \$30! (1 parent & 1 child). Mon 8:15am Burbank.
- **PT CLIENTS** maintain your health after therapy... Buy 5 private Pilates sessions for \$275 (one time only).
- Enjoy **HAPPY HOUR PILATES** private sessions Mon-Sat 2-5pm (Burbank) and 2-4pm (Studio City) for only \$55! (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.

Core News



Core Conditioning's Dawn-Marie Ickes, Allyson Cabot, and Gabrielle Shrier are sharing their expertise in a Q&A Blog with...

Pilates On Call

www.Pilates-Pro.com

"In the third installment of Pilates on Call-our month-long open Q&A with Pilates experts-we're thrilled to welcome the owners of Core Conditioning in Los Angeles: Dawn-Marie Ickes, MPT (l); Allyson Cabot, PT (m); and Gabrielle Shrier, MPT (r). The three physical therapists/Pilates instructors founded Core Conditioning, a pair of integrated wellness centers, in 2003, where they combine physical therapy with Pilates and Gyrotonic for rehabilitation, as well as offer group classes.

This month, they will be taking your questions on joint injuries and issues-hips, knees, shoulders, feet, spine, neck, etc. Chances are you have encountered clients with problems with all of the above and more. Or perhaps you have a new client with an injury you've never dealt with before. Here's your chance to get the PT-Pilates perspective on how to help them."

Check out more information on this awesome blog at www.pilates-pro.com.

Core Education

Please email educationinfo@coreconditioningpt.com with questions.

Check out these upcoming workshops:

August 2009 - February 2010

Pilates Teacher Comprehensive Course

at Core Conditioning, Studio City, CA

Please visit www.pilates.com for more information.

August 7-9 2009

Reformer 1 and Movement Principles

at Core Conditioning, Studio City, CA

Please visit www.pilates.com for more information.

August 15-16 2009

Pre-Natal and Post-Partum Pilates

at Zoom Fitness, San Diego, CA

Please visit www.californiaeducationconnection.com for more information.

August 22-23 2009

Integrating Pilates for the Stabilization of the Pelvis, Spine and Upper Quadrant

at Mercury Fitness High Performance Pilates Center, San Francisco, CA

Please visit www.californiaeducationconnection.com for more information.

August 28-30 2009

Mat 1 Module

at Core Conditioning, Studio City, CA

Please visit www.pilates.com for more information.

September 11-13 2009

Reformer 1 and Movement Principles

at Core Conditioning, Studio City, CA

Please visit www.pilates.com for more information.

September 12-12 2009

Pre-Natal and Post-Partum Pilates

at Core Conditioning, Burbank, CA

Please visit www.californiaeducationconnection.com for more information.

Core Puzzles

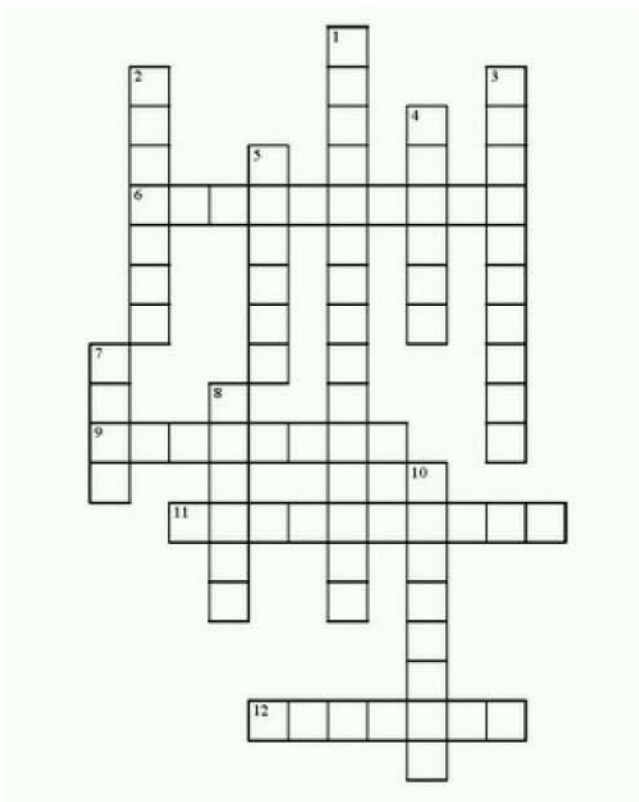
Core Crossword Crazyiness!

Across

6. This set of muscles is part of the "Powerhouse" and is the foundation for Pilates work
9. This Pilates apparatus features a carriage that moves back and forth
11. This modality uses high frequencies to promote healing
12. This Pilates exercise includes controlled breathing, a series of arm pumps, and challenging abdominal work

Down

1. Rehabilitation
2. Contrology
3. This set of muscles works in opposition of the Quadriceps
4. A movie trailer
5. Pilates' first name
7. The center of it all
8. This exercise requires a person to transition from lying down to sitting
10. A lower extremity exercise on the Footbar, Pedal, or Push-Through Bar



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 7/1/09 at Core Conditioning!

Burbank:

Monday 8:15am "Dynamic Duo" Kids Mat Class (7-13yrs) Adrian

Tuesday 5:00pm Group Reformer Equip. Class (Int) Chuck

Wednesday 1:00pm Group Reformer Equipment Class (Adv) Kelly

Thursday 1:00pm Group Reformer Equipment Class (Int) Chuck

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: August 1, 2009 - Cannot be combined with other discounts

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