

# The Pelvic Press

Core Conditioning

October 2009 - Issue 14



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Dear Valued Client,

## Pilates for Pink!

**October is Breast Cancer Awareness Month. Take designated classes for a minimum \$10 donation and/or contribute any additional amount until October 31st. Core donates all proceeds.**

**Our designated P4P classes:**

**Sat, Oct. 17th - 9am Burbank (Mat)  
Sun, Oct. 25th - 10am Studio City (Mat)  
Wed, Oct. 28th - 8am Burbank (Chair/Yoga)**

**Sign up now!**

## Core Specials

- **DYNAMIC DUO** Kids take a mat class while parents take an equipment class... for only \$30! (1 parent & 1 child). Tues 3:45pm 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 Education

Please email [educationinfo@coreconditioningpt.com](mailto:educationinfo@coreconditioningpt.com) with questions.

Check out these upcoming workshops:

### October 1-2, 2009

#### **Pilates in the Schools**

at the 6th International Polestar Conference, Salvador, Brazil

Please visit [www.polestarpilates.com](http://www.polestarpilates.com) for more information.

### October 3rd, 2009

#### **Ring Around the World - Mat and Toys on the Road**

at Core Conditioning, Studio City, CA

Please visit [www.pilates.com](http://www.pilates.com) for more information.

### October 3-4, 2009

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

at Core Conditioning, Burbank, CA

Please visit [www.californiaeducationconnection.com](http://www.californiaeducationconnection.com) for more information.

### October 31st, 2009

#### **Resist and Reform with Elastic Bands - Mat and Toys on the Road**

at Core Conditioning, Studio City, CA

Please visit [www.pilates.com](http://www.pilates.com) for more information.

### November 21st, 2009

#### **Small Ball Magic - Mat and Toys on the Road**

at Core Conditioning, Studio City, CA

Please visit [www.pilates.com](http://www.pilates.com) for more information.

## 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 **10/1/09** at Core Conditioning!

### Burbank:

**Tuesday** 3:45pm Group Reformer Equipment Class (Beg/Int) Kelly

**Tuesday** 3:45pm Dynamic Duo - Kids Mat Class (Open) Romi

**Wednesday** 5:00pm Group Reformer Equipment Class (Beg/Int) Eileen

**Thursday** 8:30am Group Reformer Equipment Class (Beg) Adrian

### Studio City:

**Tuesday** 5:00pm Group Reformer Equipment class (Beg/Int) Eileen

**Tuesday** 7:30pm Group Pilates Mat Class (Int) Jennifer

**Wednesday** 4:00pm Group Reformer Equipment Class (Beg) Adrian \*\*Begins 10/21

**Wednesday** 5:00am Group Reformer Equipment Class (Beg/Int) Andrea

## FREE COMMUNITY CLASS!!!

### "INTRO TO PILATES MAT"

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

First **Tuesday** of every month @ **6pm** 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](http://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](mailto:info@coreconditioningpt.com)

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

[burbankinfo@coreconditioningpt.com](mailto:burbankinfo@coreconditioningpt.com)

[www.coreconditioningpt.com](http://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](http://www.coreconditioningpt.com) for our group class schedule and pricing options.



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

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