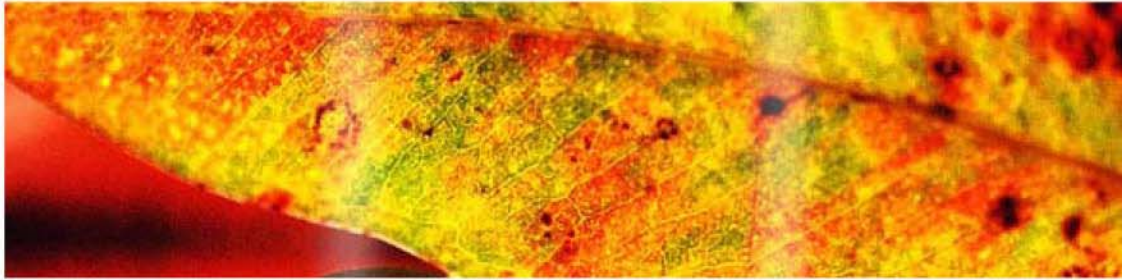


The Pelvic Press

Core Conditioning

September 2009 - Issue 13



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Dear Valued Client,

Back to School!

Be sure to sign up for your Fall classes!

[click here](#) for our current group class schedule

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 Articles

Check out this awesome article featuring Dawn-Marie Ickes, co-owner of Core Conditioning!

Burbank Leader, Business Spotlight: She's a Pioneer for Pilates

Woman is on a mission to have the exercise form introduced to children throughout the world.



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 9/1/09 at Core Conditioning!

Studio City:

Monday 8:30am Group Reformer Equipment class (Int) Lindsay

Monday 9:30am Group Reformer Equipment Class (Beg/Int) Lindsay

Wednesday 9:30am Group Reformer Equipment Class (Beg/Int) Lindsay

Thursday 6:00am Group Reformer Equipment Class (Beg/Int) Lindsay

New Time

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 for a complete list of group classes.

12930 Ventura Blvd., Suite 226A
Studio City, CA 91604
818.907.0008
info@coreconditioningpt.com

By Michael J. Arvizu
September 8, 2009

"It's been four years since Dawn-Marie Ickes launched a Pilates program for a group of about 35 Burbank students, and she has had a tough time expanding into other campuses and school districts.

In 2005, as a member of the board of directors for the Pilates Method Alliance, Ickes launched a pilot program in Burbank to teach kids Pilates for 40 minutes one day a week. She took 35 children from a fifth-grade class at Thomas Jefferson Elementary School and taught them Pilates every Thursday.

Ickes owns Core Conditioning Physical Therapy, Pilates and Gyrotonic in Burbank.

'The reason I agreed to do it was because they said one of the things they were missing in Joseph Pilates' mission was that he felt that everybody should be doing Pilates,' Ickes said. "He said, if children did Pilates and grandparents did Pilates, everybody everywhere would feel better and be better contributors to our society.' "

[CLICK HERE FOR FULL ARTICLE](#)

Core Education

Please email educationinfo@coreconditioningpt.com with questions.

Check out these upcoming workshops:

August 2009 - February 2010

Pilates Teacher Comprehensive Course and Individual Modules

at Core Conditioning, Studio City, CA

Please visit www.bbupilates.com for more information.

September 10-20 2009

Pilates for Kids

at various locations, Cape Town & Pretoria, South Africa

Please visit www.basipilates.com for more information.

September 19th 2009

Rolling for Length, Rolling for Strength - Mat and Toys on the Road

at Core Conditioning, Studio City, CA

Please visit www.bbupilates.com for more information.

September 26-27 2009

ActivCore® FEX Basic Training

at Core Conditioning, Studio City, CA

Please visit www.activcore.com for more information.

October 1-2, 2009

Pilates in the Schools

at the 6th International Polestar Conference, Salvador, Brazil

Please visit 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.coreconditioningpt.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 for more information.

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.



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

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