



The Core Connection

Core Conditioning Quarterly Newsletter



Happy New Year!

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Core Specials

SEND A FRIEND

Refer a friend and receive one free private Pilates session

HAPPY HOUR PILATES

Enjoy a private Pilates session for \$55 M-Sat
2-4pm Studio City
2-5pm Burbank

WRITE AN ONLINE REVIEW

And enter to win a \$20 coupon toward your next purchase. Visit Yelp, Yahoo, Google, or Citysearch online.

TAKE OUR SURVEY

[Click Here](#) and enter to win a free group mat class or equipment class

CORE PUNCH CARD

Come to 12 Pilates privates and/or classes in a month and get 10% off your next purchase

*Specials cannot be combined with other discounts

Dear Valued Client,

Welcome to our newly formatted monthly newsletter.... enjoy!

Thanks to all of our wonderful Core clients for your continued support and for making 2009 a great year. Cheers to health and wellness in 2010!!

Make a New Year's toast with a Happy Hour Private Pilates session:
Mon-Sat 2pm-4pm Studio City and 2pm-5pm Burbank....
only \$55! (a \$75 value)

(sorry, no alcohol served!)

Core Behind the Door: 2009

Year at a Glance

Looking back at 2009, Core Conditioning has had a busy and exciting year! Here are some of last year's highlights:

- Core partner Dawn-Marie Ickes traveled to South Africa and Brazil as a featured speaker on the topic of Pilates for children at the BASI and Polestar Pilates Conferences.
- Core Conditioning partners continued their Comprehensive Pilates Instructor Training program within the Physical Therapy Dept. of California State University Northridge.
- Core Education Staff taught over 35 continuing education workshops throughout the world!
- Core Conditioning became one of the first U.S Master Training Facilities for neuromuscular systems Activcore & Neurac.
- Core staff was recruited as on-set physical therapists and Pilates instructors to the Michael Jackson tour.
- Core owners and staff contributed to articles written in Pilates Style Magazine, Healthy Living Magazine, Burbank Leader Magazine, and a blog on Pilates-Pro.com.
- Core partners Allyson Cabot, Dawn-Marie Ickes and Gabrielle Shrier shared their expertise on the newly launched Balanced Body Podcasts.

Join Our Mailing List!

Our Locations



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Core Tips with Traci

Happy New Year Everyone!

The New Year ahead of us gives us the opportunity to take stock of our lives and bring our attention to the areas we'd like to change. I'm not a fan of resolutions. They're too easily broken! Hopefully, we are living the best we can on a daily basis. Instead, think of where you'd like to grow and take an action in that direction. Small, consistent movements will bring about great change. And give yourself a break. Progress, not perfection, is the idea!

Here are a few ideas to maintain health this time of year.



- Many people detox or cleanse at the new year. Consider either a short, gentle program or waiting until spring. We are in the heart of cold and flu season. It takes quite a bit of energy to cleanse the body, and you'll need that energy to remain healthy for the few months. Then your body can put all efforts into detoxifying. When the time is right, there are some great products available. Another option is to add a greens formula, spirulina, or chlorophyll to your daily regimen. These products gently cleanse the body and support health in general. Your local natural health retailer or your own practitioner are fantastic resources.
- Eat well. Sleep adequately. Exercise regularly. Reach out. Relax and play. Take your vitamins. I feel like a broken record, but these actions will serve you well this time of year.
- Wash your hands frequently. Soap and warm water work better than anything!! Wash for at least 20 seconds (singing "Happy Birthday" is about right) to get rid of the germs. Hand sanitizer will work in a pinch, but soap and warm water rule!
- To keep skin soft, be sure you are getting enough of the right fats. We need a balance of all three classes of fatty acids for health, but omega-6 fatty acids are specific for the skin. You will find them in nuts and seeds, legumes, and sesame oil. You may also supplement with borage oil evening primrose oil if you are not getting enough in your diet. Primrose and borage oil can significantly affect hormone balance, so try eating them first. Topically, apply a few drops of jojoba, almond, or apricot kernel oil while skin is damp after showering to lock in moisture. In addition, consider a shower filter to remove chlorine to prevent dryness.

That's all for now! Be well.

Love and Blessings,

Traci

2010 Changes

Dear Valued Patients and Clients,

Please note the following changes effective January 1, 2010:

- PT/Pilates cash rate will be increasing to \$96 (Full Pilates session with a PT)
- Blue Cross co-pay will be increasing to \$60
- We will no longer be accepting any new worker's compensation cases

We appreciate your patronage,
Core Conditioning

New Group Classes

As of January 1st 2010

Studio City:

Wednesdays 9am:

"Pilates Potpourri" Specialty Mat/Equipment class (Int) with Jacky

*Please call to sign up in advance. A 24-hr cancellation policy applies.
Visit www.coreconditioningpt.com for a complete list of group classes.



Core Conditioning

Save
10%

Bring in this coupon and receive 10% off any package of Group Mat or Group Equipment classes!

Visit www.coreconditioningpt.com for our group class schedule and pricing options.



Physical Therapy
Pilates
Gyrotonic™

Offer Expires: April 1, 2009

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