



# Happy Holidays



December 2011

## Pilates Reading

A client recently suggested this article. Pilates is for EVERYBODY! Click the link below to read about former professional football player, Kris Jenkins and the aftermath of his career and health.

<http://www.nytimes.com/2011/11/20/sports/football/kris-jenkinss-view-of-life-in-the-nfl-trenches.html>

## Open House

Join us on December 3rd from 9am to 3pm for classes, mini privates, chair massages and the chance to win Pens tickets, Pilates lessons and more! Representatives from Tastefully Simple, Massana Massage, May Kay and South Hills Power Yoga will be joining us. Take a sample lesson in the morning or take a free class in the afternoon!

Yoga @ noon!  
Ballet Barre @ 1!  
Cardio Fusion at 2!

[Join Our Mailing List!](#)

# The Pilates Center of Pittsburgh Newsletter

## Announcements

Holiday Schedule Adjustments- Closed 12/25, 12/26 & 1/1.

Updates will be made on Mindbody for any changes during the holiday week.  
We will be open on 12/24 & 12/31.

Gyrokinesis Workshop- Our next workshop with Anne Brownlee is scheduled for 12/17 at 1pm. Check out [www.goldthreadstudio.com](http://www.goldthreadstudio.com) for more information.

Welcome to the Staff- Welcome Katie Gordon and Debbie Rice to The Pilates Center of Pittsburgh staff!

Congratulations to Michele Rowland!- In November, Michele welcomed her second child, Drew Charles, into the world!

## Fit Gifts!

First stop, The Pilates Center of Pittsburgh! We have Magic Circles, DVD's, and of course, gift certificates! Share Pilates with your friends and family!

If you missed Cyber Monday, check out [www.lucy.com](http://www.lucy.com) for women's fitness apparel and accessories. You can shop by activity and get free shipping on all orders until December 6th! They always have a large clearance selection with a plenty of gifts under \$20! For a limited time, they are offering a free tote with purchases over \$150! For men and women, try [www.Lululemon.com](http://www.Lululemon.com). They promise free standard shipping and alterations! Search by activity or for a deal check out the "we made to much!" section. Free shipping is also available at [www.rei.com](http://www.rei.com) for more outdoorsy fitness styles.

For the techie you know, try one of these:

~Gift Membership to Pilatesanytime.com (new classes all the time, anytime!)

~Ipod Nano (tracks miles and calories!)

~Wii Fit

~BodyBugg (used on "The Biggest Loser")

If all else fails, just remember, Pilates is for EVERYBODY!!! Gift certificates can be printed out from Mindbody. Mindbody is used by studios around the world, so you can share the gift of Pilates with your loved ones near and far!