



April 2010

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## Shape Up for Spring with Barrington Pilates

- Pilates ARCS have arrived: This new prop can be used on the mat or on the reformer. It strengthens and tones muscles and increases agility. Look for this as a part of the CIRCUIT this summer and full ARC classes this Fall.



- CIRCUIT Class: 30 minutes on the reformer/ 30 minutes on the mat. We will be running two different sessions spring--- Wednesdays at 12:45 and Fridays at 10:15 am. Email [register@barringtonpilates.com](mailto:register@barringtonpilates.com) for more information on how to join this innovative class.
- New Pilates SPORT Class: Get in gear for spring sports on Wednesdays at 9:15 am. Take your core conditioning to a new level by focusing on rotation, lateral movement and speed.

*"Physical fitness is the first requisite of happiness. Our interpretation of physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily, and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure." Joseph Pilates*

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## Celebrate Mother's Day--- May 9th



Special **Mother's Day** package is available to celebrate that special mom in your life (or yourself).

**Barrington Pilates** 10-class card a new **Barrington Pilates** spring short sleeved t-shirt for \$130.

***Special Mother/Daughter Pilates Mat class with Laura--***

***Look for more information next month!***

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## One Year Anniversary Celebration- THANK YOU

A huge thank you to all of our clients who helped us celebrate our one-year anniversary in March.



Congratulations to all of our raffle winners:

Barrington Pilates T-Shirt: Amy Silvia

Magic Circle: Diana Gemma

10-Class Card: Midge Berkery

Reformer Session: Claire Moscrop

We loved reading your raffle entries! Here is a sampling of the results:

*Why I love Barrington Pilates:*

"Encouraging Instructors", "The studio is clean", "One hour of peace", "Affordable classes".

*My favorite Pilates exercise:*

"The plank", "Standing star", "Jumping on the reformer", "Mermaid", "Standing spine twist".

*Favorite matwork principle:*

"Control", "Fluidity", "Intuition", "Coordination".

*What positive changes has Pilates had on your life:*

"Ability to focus", "I found my core", "An hour to myself", "Strength", "Positive energy".

## Spring and Summer 2010

### **April 19th - 23rd Spring Break Schedule:**

The week of April 19th we will be running a limited class schedule.

The following classes will be in session that week, all others will be cancelled:

- Tuesday 7:00 am MAT with Melanie
- Wednesday 6:15 pm MAT with Laura
- Thursday 7:00 am MAT with Melanie
- Thursday 5:30 pm MAT with Laura
- Saturday 9:15 am MAT with Melanie

### **Spring/Summer Schedule:**

Our spring schedule will run from now through June 18th, 2010. We will run a limited class schedule from June 21st-July 2nd.

The summer schedule will begin the week of July 5, 2010. We would love to hear from YOU about what you would like to see this summer! Email us with your class suggestions.

*Stay tuned for more information on our special summer CIRCUIT classes, early riser series and the new "Pilates Camp" 6-week class session coming next month.....*

**PEACE-- LOVE--PILATES ----- [www.barringtonpilates.com](http://www.barringtonpilates.com)**

