

To help you recover from the holidays,  
Two Ways to save, Two Ways to Give:  
3-Pack Gift Certificates and the Resolution Special:

## Resolution Special!

**Best Value!:** From now thru Jan 14, 2009, **Receive 2 free private lessons when you purchase a 15-Private Lesson Discount Package and ask for the "Resolution Special"**.  
(over \$270 total savings)  
(please, no Pay-Pal. Checks or cash only)



**3-Packs of Private lessons** are a favorite of everyone, but usually reserved as an introductory offer.

**Now, until December 25th, You can purchase unlimited Private 3-Packs.**

**A perfect Holiday Gift.**

(\$180 per package— a \$27 savings)

These specials were well received last December and are becoming a holiday tradition. They only come around once a year, so while it's on your mind, give me a call to order yours today. (Remember— checks or cash only. No Pay-Pal for the specials)

**It's a Wrap!**

Look inside to see where we are and where we're going .....



## Colleen's Corner

I loved this year. Loved, loved, loved.

Whole Pilates was able to reach and teach far more people, and next year it looks like we're branching our Mat classes into Franklin Lakes.

We were able to have a delightful anniversary party in early June, and

we had a wonderful year with Tiffany teaching with us.

Melissa's baby, Declan, entered this world in May, and J.T., Dawn and George's son celebrated his first birthday in October.

The end of the year has been a little scary for most of us. The unknown can be a bit stressful to say the least— especially when we're talking about a topic more taboo than 'sex'. But no matter where we are fiscally, or where we may project that we're going, keeping on top of our health is one of the things we actually can control, and makes us stronger for dealing with the rest of it.

It's been an honor, a privilege, and most certainly a joy to be a part of keeping you healthy, balanced and strong. This new year let's take it moment by moment and stay open to the best possibilities manifesting for us all.

Enjoy your holidays, and have a very happy, healthy new year.

### **Pilates Holiday Survival Kit—On Line Pilates Lessons**

**You got the list; you know the order, but there's nothing like an experienced pair of eyes seeing how you perform the exercises. When you're snowed in this winter, make your appointment for a live, on-line Pilates lesson.**

**All you need is a web camera (about \$20 @ Radio Shack) and a free account with Skype.com. I can see and hear you, you can hear me, and you don't have to miss your all important Pilates lesson.**

**Call me or write me with questions. It's easier than you might think.**

<b>100's</b>	<b>Single leg stretch</b>	<b>Criss Cross</b>	<b>Seal</b>
<b>Roll ups</b>	<b>Double leg stretch</b>	<b>Spine Stretch forward</b>	
<b>Single leg circles</b>	<b>Single straight leg</b>	<b>Swan Prep</b>	
<b>Rolling like a ball</b>	<b>Double straight leg</b>	<b>Side Kicks</b>	

# January 2009

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 8:30am Intermediate Pilates Mat 9:30 PE Beginner Mat
4	5	6 6:30pm Beginner Mat 7pm Advanced Pilates Mat	7 7pm Intermediate Pilates Mat	8	9	10 8:30am Intermediate Pilates Mat 9:30 PE Beginner Mat
11	12	13 6:30pm Beginner Mat 7pm Advanced Pilates Mat	14 7pm Intermediate Pilates Mat	15	16	17 8:30am Intermediate Pilates Mat 9:30 PE Beginner Mat
18	19	20 6:30pm Beginner Mat 7pm Advanced Pilates Mat	21 7pm Intermediate Pilates Mat	22	23	24 8:30am Intermediate Pilates Mat 9:30 PE Beginner Mat
25	26	27 6:30pm Beginner Mat 7pm Advanced Pilates Mat	28 7pm Intermediate Pilates Mat	29	30	31 8:30am Intermediate Pilates Mat 9:30 PE Beginner Mat

Classes held @  
**Great Halls of Healing,**  
127 Skyline Drive, Ringwood, NJ



Whole  
Pilates

Pilates Express:(30 min.)

**Red**

\$50 for 5 1/2hr class series

Classical Pilates Mat (1 hr):  
**(BLUE)**

\$150 for 10 hour classes in  
continuing series.

Pre-Registration is a Must

**Call today to register.**

**Phone: 973-962-1327**

**E-mail:**

**colleen@WholePilates.com**

**New!**  
**Premium Intro Package**  
**3 Private Lessons, 5 Mat Classes - \$230**  
**(1st time students only)**

## Contacts and Credits:

To include yourself on my email list, or if you have questions or comments, write me at : colleen@wholepilates.com

Please go to my website, <http://www.WholePilates.com> to see what I've been working on, or to get the link for the Biofeedback game.

To install Adobe Acrobat, go to: <http://www.adobe.com/products/acrobat/readstep2.html>

Colleen Wenrich, RN, has been teaching wellness & fitness for over 20 years and is Certified Authentic Pilates, ACSM, AFAA, ACE and BCIA.