### Winter Newsletter 2012

## Happy Holidays from the Shelbourne Studio Staff



### Registration

Registration for our Winter 2013 session is on now! This session will run from January 2<sup>nd</sup> – February 28<sup>th</sup>, with no classes on February 11<sup>th</sup> for BC's new Stat Holiday – Family Day!

Take a moment to review the attached schedule for the New Year session. Make your health and fitness goals a priority for the New Year, we are here to help you achieve them!

We are very excited to have added some new classes to our Winter 2013 schedule – here are some of the specialty classes you will see:

Pilates for Golfers
Standing/Balance class
Pilates for Osteoporosis
Women's Health Pilates
Pre and Post Natal Pilates
Athletic Conditioning /Performance Training

### Free CardioTramp classes



\*\* This week only\*\*

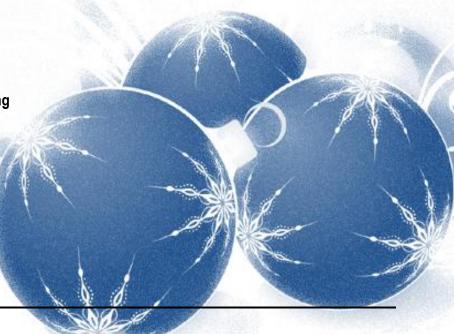
Take advantage of this promotion

Cardiotramp classes are a favorite among staff,

A great all-around workout, and a ton of fun!

Call the studio to reserve your space!

Don't forget to sign up for our omplimentary Holiday classes too! There are still spaces available!



### Winter Newsletter 2012

# Looking for a gift for that special someone?



How about a gift certificate for their favorite Pilates class? Or get them started on a path to discover all the wonderful benefits of Pilates with a Welcome Package!

### Gordon Head Rec Center Rehab Services

Our talented team of professionals are now offering Health and Rehab Services at our local community center: Gordon Head Recreation on Lambrick Way.

#### Services include:



Kinesiology (private or group) Aquatherapy (private or group) Physiotherapy/Hydrotherapy Massage Therapy



Call Erin at 250.595.5858 or email <a href="mailto:ghrehab@selbournephysio.ca">ghrehab@selbournephysio.ca</a>

### Facebook Promotion





### Win a 1 hour Massage Treatment!

Why should you like our Facebook page?
We post lots of interesting and useful articles, photos, videos, healthy recipes, studio news, events, promotions and more! It's a great way to stay connected with what is happening at the studio!

Wishing you and your families health, happiness, love and laughter this holiday season and always,

