

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 2nd – February 28th, with no classes on February 11th 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 complimentary
Holiday classes too!
There are still spaces available!**

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*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
ghrehab@selbournephysio.ca



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,*

