



November 2010

STUDIO UPDATES



XTEND BARRE WORKOUT....Coming Soon!!!

Pilates Studio at the Lake is excited to offer the Xtend Barre Workout! Xtend Barre™ is the most effective barre workout and the most efficient way to create a strong and healthy body at any age. The Xtend system sculpts the body proportionally so that all body parts are equally challenged. This total body workout serves to strengthen, lengthen, and stretch the body from top to bottom, from inside out. The end result is a long and lean physique... without added bulk. Developed from a dance / Pilates background, the Xtend workout combines the amazing results of dance with the principles of strength and safety in Pilates..

SOCK & UNDERWEAR DRIVE

BENEFITTING JEFF GORDON'S CHILDRENS HOSPITAL CHILDREN'S ADVOCACY CENTER



The Children's Advocacy Center housed in the Jeff Gordon Children's Hospital in Concord is in dire need of socks and underwear for the 350+ children they treat each year. Please help this cause by donating a new package of socks or underwear in sizes infant to adolescent.

Drop boxes located in both Davidson and Mooresville Studios. Donations will be accepted through December 15th.

Sponsored by the Women's Promise Circle of the Jeff Gordon's Children's Foundation.

For more information, please visit www.jeffgordonchildrensfoundation.org

HOLIDAY HOURS



Pilates Studio at the Lake will be open select days and times throughout the holidays to help you maintain your fitness goals. Be sure to inquire about appointment times and stay active throughout the season.

FIND US ON FACEBOOK



FREE WORKOUT!

Wednesday December 8th 6:00 and 7:00pm

Saturday December 18th 9:00 and 10:00am

Xtend Barre demonstration classes will be offered at the Davidson Studio. Reserve your place, as space is limited.



HOLIDAY GIFT CERTIFICATES AVAILABLE

Purchase a gift certificate package for a friend or family member and receive a complimentary, stylish pair of TOESOX.

