

# Masterwork Pilates Studio

*Live in the Movement!*

## AUTUMN 2015 - NEWSLETTER

"Contrology is complete coordination of body, mind, and spirit. Through Contrology you first purposefully acquire complete control of your own body and then through proper repetition of its exercises you gradually and progressively acquire that natural rhythm and coordination associated with all your subconscious activities."

Joseph H. Pilates



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### *Happy Birthday!*

We have 6 birthdays to celebrate this autumn!  
Please join me in wishing a big **Happy Birthday** to...

*Carol, Dianne, Karen, Peggy, Sheila & Tammy*

Here's wishing each of you another year of  
laughter, joy and health!

## Autumn Promos & Specials

I absolutely adore Autumn! Sparkling sunny days and crisp nights are my idea of perfect weather... it's the best of what the seasons have to offer.

Yet, with all the busy-ness that comes with Fall, it can be difficult to make self-care & fitness a priority. So, Masterwork Pilates Studio is going to make it a little easier for you to attend your favorite group classes with a special promotion for each month of Autumn; September, October & November.

### **September - Autumn "Back to School" Special!**

**<<< 50% off all Group Classes! >>>**

1 class per week regularly \$60.00 → Now only \$30.00!

2 classes per week regularly \$100.00 → Now only \$50.00!

The upcoming specials for October & November will be posted on the Masterwork Pilates Studio website or on Facebook. Be sure to check in for news & specials regularly!

**Note:** New students must complete a New Student Assessment & obtain instructor approval prior to purchase. See website for details.

## "Facebook": An On-Going Odyssey

In July, I put together a Facebook promotion; the goal being to get 100 page "Likes" for the Masterwork Pilates Studio Facebook page. (*100 likes being the magic number at which posts to business pages become public.*) While I did gain a few new page likes, the results weren't tremendously successful and the goal was not reached. So, unfortunately, no prizes were awarded. But not to worry! As I gain more confidence using Facebook, I'm certain similar promotions will undoubtedly make appearances in the future.

However, for this month I'm taking a different and somewhat less grand approach. I had a sit-down with my IT department (me) and asked if it would be possible to install one of those cute little Facebook icon buttons on the Masterwork Pilates Studio website. My IT coordinator/designer/programmer (myself) thought it could be done and she (I) got it done... finally!

So, the next time you visit the Masterwork Pilates Studio website, please be sure to do 1 of the following:

1. Click on the Facebook "Link" button to visit the Masterwork Pilates Studio Facebook page to view & share content there.
2. Click on the friendly little "Like" button, if you haven't already done so on the Facebook page. If you haven't already liked the page before, you get to see the "thumbs up" number go up!
3. Click on the "Share" button to easily broadcast to your Facebook friends that you "Like" the Masterwork Pilates Studio!



<https://www.facebook.com/MasterworkPilatesStudio>



*Have a Spectacular Autumn!*

and always remember to... *Live in the Movement!*

**SALSA con RUMBA**



**GROUP CLASSES on Mondays, Wednesdays & Saturdays**  
5601 W. Clearwater Ave., Ste. 110 ~ Kennewick, WA 99337  
[www.salsaconrumba.com](http://www.salsaconrumba.com)

**Masterwork Pilates Studio**  
*Live in the Movement!*

**PERSONAL TRAINING on Tuesdays & Thursdays**  
conducted at the Masterwork Pilates Studio.  
Please call, text, email or visit the website for more information.

e: [vita@masterworkpilates.com](mailto:vita@masterworkpilates.com)  
w: [www.masterworkpilates.com](http://www.masterworkpilates.com)

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