



PILATES PRESS

Body Awareness Physical Therapy & Wellness Center in the Courtyards at Talega
 1031 Avenida Pico, Suite 201 San Clemente, California 92673
 949-366-3362 www.BodyAwarenessPT.com

PRINCIPLES OF PILATES:

- *Breathing*
- *Concentration*
- *Efficiency of Movement*
- *Centering/ Core Stabilization*
- *Flowing Movement*
- *Precision*
- *Control*

Challenge your Fitness Routine Try Pilates Circuit Training

Pilates Circuit Training at Body Awareness combines equipment and mat work in a non-stop circuit training session that will strengthen your core, improve flexibility, enhance stamina and give better overall muscle tone. Classes are limited, up to 4 participants, allowing our instructors to optimize each person's workout. Our Pilates Circuit Training is fun, yet challenging and offers variety so you never want to miss a workout!

We recommend that anyone new to Pilates begin with one to two private sessions to become familiar with the basics and the equipment in order to be more effective in the faster paced circuit sessions.



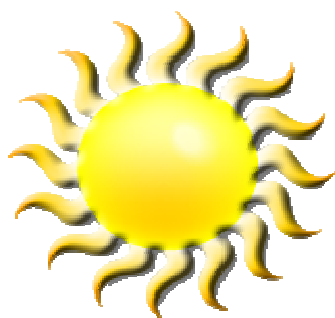
Pilates Circuit Training Fees:

Single session \$ 30
 10 class series \$250

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Summer Specials:



4 circuit class series \$99

Each session builds on the previous one to attain maximum results, all classes 1 hour

Mention this newsletter and get 20% off any single session

Mat Classes are back on Saturdays @ 8:00 am starting July 11th!

**RESULTS
OF
PILATES**

- Creates a balanced and evenly conditioned body
- Elongates and strengthens muscles while increasing flexibility
- Develops strength of the "Core"
- Challenges without increasing stress
- Improves Body Awareness



MEET OUR NEW INSTRUCTOR: CORY BUFKIN



Cory Bufkin is a classically trained ballet dancer and has spent the last 16 years intensely studying and perfecting her craft. She began her career as a company member of Central West Ballet in Modesto, California and continued her education with various other ballet schools such as American Ballet Theater. After graduating high school, she lived in New York while attending the New School University and performed with the Joffrey Ballet School. The Joffrey Ballet School was where she was first introduced to mat Pilates. Eventually moving to Orange County, Cory performed with Inland Pacific Ballet as well as Ballet Pacifica. She graduated from the University of California Irvine and now holds her BFA in Dance/Performance. At UC Irvine Cory studied Pilates under Diane Diefenderfer. She continued her education and received her certification through Diane's studio, Studio du Corps. Cory is excited about sharing her knowledge of dance and Pilates as a Body Awareness Pilates Instructor.

**WELCOME BABY
NIGHT!**

Jackson Night

born at home

May 21, 2009 at

5:21pm

Weight: 7 lbs, 8 oz

Length: 21.5 in



Congratulations Kinga and Nicholas!



**Visit us at the San Clemente Ocean
Festival on July 18-19th**

Free Posture Assessment and BMI Testing

**Enter to win a Private Pilates Session
or an Organic T-shirt**