

PILATES

The Balanced Body® Newsletter

CORETERLY



WHAT'S NEW

Summer 2009

As usual a lot has been going on at Balanced Body since our last Newsletter! Here's our latest news on product offerings and activities.

1. EXO® Chair with Split Pedal
2. Pilates Lifestyle Stories
3. Podcasts
4. Facebook

EXO® Chair with Split Pedal

The [EXO Chair](#) with Split Pedal is now available! A Balanced Body innovation, the split pedal increases exercise potential by adding rotational and reciprocal exercises. Add resistance bands for an additional challenge and work the entire body, tip to toe. The EXO Chair with split pedal starts at for \$895.00.

Pilates Lifestyle Stories

[Our Life stories](#) continue to be a popular addition to our website. Everyday folks share how their lives have been dramatically influenced by Pilates. From debilitating pain, to neurological disorders, read how Pilates has helped people overcome movement obstacles. Be inspired! If you have a great story, please share it with us here or send an email to yourstory@pilates.com.

Podcasts

Our weekly video [Podcasts](#) are a real hit. We've even gotten an iTunes nod by being included in their "New and Notable" category! Whether your interest lies in learning new exercises for physical therapy or rehab, creative ways to challenge your clients, or simply how to take your own practice further, we've got something for everyone! Grab them from iTunes and watch on your iPod or iPhone, or download them straight to your computer.

BALANCED BODY. PILATES

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Facebook

Become a fan today and get updates on events, sales, and promotions. Join the discussion on the message board and submit photos and videos to post on the page.

Twittering

Our Twitterer, "PilatesGirl_BB," is busy tweeting and making new friends! Be sure to follow and keep up to date on what both she and Balanced Body are up to.

Have ideas for articles for our Newsletter? Want to write an article? Let us know! Email balancedbody@pilates.com.