



14400 Old Mill Rd. Ste. 201



Upper Marlboro, MD 20772



(301) 952-1111

May 3, 2010

Happy May!

You are receiving this e-mail because you are registered for group classes with us; or have asked to be on our weekly announcements. Listed below are announcements, make up class slots, available appointment slots, and news! If you need to miss a class, please fill out a make up slip when you are in the studio next time. **We offer make up slots for all planned absences.** The link below will take you to our open slots each week:

Weekly Announcements: [http://www.proskillsplus.com/pilates/aboutus/weekly\\_announcements.pdf](http://www.proskillsplus.com/pilates/aboutus/weekly_announcements.pdf)

## Workshops Openings:

If you are still looking for workshop slots, the following still have open slots:

- 1. Introduction to Tai Chi Basics, 5/23 4:30 to 6:30 p.m. \$35.00 (4 open slots)*

## Make up Slots

### Tuesday 5/4

5:30 p.m. Mat Express w/Susan (2 slots)

### Wednesday 5/5

11:30 a.m. Pilates Circuit w/Susan (2 slots) MUST have prev. experience on apparatus

### Thursday 5/6

6:15 p.m. Flow Yoga w/Susan

7:30 p.m. Pilates Level Mat Mixed Level w/Susan

### Friday 5/7

10:00 a.m. Pilates Level Mat/Stretch Combo w/Susan (2 slots)

6:15 p.m. Pilates Level Mat/ Stretch Combo w/Susan (4 slots)

### Saturday 5/8

8:30 a.m. Yogilates w/Susan (1 slot)

### Sunday 5/2

No classes—HAPPY MOTHER'S DAY!!!!

## Massage and Reflexology

This week Robbin's openings are: 5/4 9:30 and 11:00 a.m. 5/5 6:15 p.m.; 5/7 9:30 and 11:00 a.m. and 4:30, 6:00, and 7:30 p.m.; 5/8 by appointment. Mickey is available by appointment.



### Acupuncture

Julie's next appointment is on 5/5 at 9:25 a.m. and 10:45 a.m. Please call to schedule.

### Aromatherapy and Reiki

Lorraine is available by appointment. She is happy to offer you a FREE 15-minute aromatherapy consultation; you can call her anytime, on (301)785 8407.



### Nutrition

Vivian is available for 1-1 consultations this week. The cost for an initial consultation is: \$75.00. Please call to schedule. The cost for an initial consultation is: \$75.00.

**We hope to see you at the studio this week, and remember that if you know you will be out of town, or will miss a class, please let us know.**