

Core Connection Pilates

The latest around the {new} studio

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Core Connection Pilates

kkcoreconnectionpilates@gmail.com
www.kkcoreconnectionpilates.com



New Location!

Based in the heart of Downtown Sheboygan we are now located at 532 N 8th Street.

This new location offers 2 rooms to accommodate private sessions, reformer classes, mat, acro, barre and dance classes. We had all these classes at the last location, but now we have more space to make it more functional, creating smoother transitions between classes, and more access to an overall better experience.

Our main space features 5 full length mirrors, windows on both 8th St. and Center Ave, and enough space to comfortably fit 6-8 people for barre and mat classes. We pride ourselves in keeping classes small to offer individual feedback and personal instruction.

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Weekly Classes

www.kkcoreconnectionpilates.com

New Location! (cont.)

The second room holds our large equipment for One-On-One trainings and reformer classes. Also equipped with full length mirrors to check posture and alignment throughout your hour.



We have a relaxation station to gather, quietly socialize, and mentally prepare for your session or class. This space has benches, chairs, tables, storage, a coat rack and shoe rack to accommodate you and your belongings.

Our studio has a level of intimacy. Each room is designed for your highest level of success. From the moment you step inside you are here for YOU. Meaning it is a chance to separate from other distractions; setting yourself up to get in the zone. The Pilates zone.

Our new location is wheelchair accessible. There is street parking. Free meters on nights, weekends, and holidays. 2 Entrances and 2 restrooms. Restrooms are large enough to use as a changing room if needed. Main entrance is on the side, 807 Center Ave.

Classes are offered nights and weekends. One-On-One sessions are offered during the week, during daytime hours.

Take the full video tour on our website!
www.kkcoreconnectionpilates.com

Weekly Classes

Mat
Monday/Wednesday 6:30PM
Sunday 10:30AM

Reformer
Tuesday 6PM and 7PM
Thursday 5:30PM
Sunday 9:30AM

Barre
Mondays 4:15PM
Saturdays 9:15AM

Acro/Dance
Mondays 5:30PM (Pre-Teen)
Wednesday 5:30PM (Adult)



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Why Pilates is a great cross-training program?

Many athletes push themselves to their limits. Exceeding their goals, and fighting for new ones. Sometimes they are admired for pushing themselves through pain and performing through injuries. Glorifying their dedication to their sport, by not letting anything stop them. This can seem admirable, but it can lead to long term problems and create more complications later in life.



Pilates appeals to athletes because it is meant to create longevity in their performance abilities. Knowing that athletes will push themselves in practices and games is *why* Pilates is even more important to do on the regular. It's a chance for active recovery. A chance to keep the joints/ligaments/tendons/muscles and bones healthy for life. And a chance to play longer!

Pilates is meant to be done on the daily to maintain the body's physique and keep it functioning the way it is meant to.

Rebecca W.

Core Connections is an amazing place to get fit, more flexible, or whatever your goal may be. Kayla helps you achieve your fitness goals in a friendly experienced manner. The new space looks amazing with plenty of room to work up a sweat! I highly recommend all the classes!



Why Pilates is a great cross-training program? {Cont.}

Core Connection Pilates wants our clients to be healthy for life. Taking great care of each body part to make sure it maintains range, flexibility, and strength. To be aware of what is healthy to work through, and what is not.

For those who have exceeded their athletic days, Pilates is still a great choice for keeping active, healthy, and maintaining an exercise program. Our bodies are aging, and changing on the daily. It is important to keep our awareness active and alert. Balance, control, stability, and mobility are exercises to be practiced daily.



Note about the Owner:

Kayla Schetter the owner and instructor of Core Connection Pilates has a B.A. in dance, is a NASM - Certified Personal Trainer, and a Certified Acrobatic Arts Instructor in addition to her Pilates credentials.

She has worked with clients with many different backgrounds, post surgeries, chronic pain, cancer remission, joint diseases, through pregnancy, and other restrictions. She has worked at dance studios around New York City and Fitness Centers around Wisconsin before opening her own location.

Going on 3 years with Core Connection Pilates, she understands many different abilities and levels, and that each person is different. She will take the time to get to know you and figure out what's best for your body!



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