

JUNE 2021

CORE CONNECTION PILATES

MONTHLY NEWSLETTER



One-On-Ones are still our most popular service. Sold out sessions through August!

Dance and Acro classes continue into their Summer Session. Stayed tuned for our Fall calendar. Adelaide has been our rockstar not missing a single class this entire year. Through COVID and online, hybrid, and in studio classes - she persevered!
(see page 3)

This has been an exciting month!

Enjoy the pics of each class and what we have to offer!

Barre classes are in full swing with preregistration required. Mat classes are still offered in studio and online for drop-ins. Reformer classes have been our most requested class this month.



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Reformer is an apparatus that has pulling straps, a moving carriage, and spring resistance. It is a full body workout incorporating stretching, strengthening, and coordination.

Our current schedule is:
Tuesday and Thursdays 5:30PM
Sundays at 9:30AM

Small group classes can be created!
We treat them like private sessions
utilizing equipment to your advantage.

Find out more by emailing:
kkcoreconnectionpilates@gmail.com





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Working at the appropriate level is more important than age in this class. If you feel you have an advanced young mover or a beginner teenager we are willing to accommodate students within these levels regardless of age.



Acro-Dance is for preteens ages 9-13. Mondays at 5:30PM. We will be going into our 3rd year in September. We do keep classes small to make sure kids have time for individual feedback and plenty of practice time for skills! Most of our students are within levels I-III, but our studio is certified up through level VI.





Summer is hot!

When it's this warm our muscles are ready to work! It is a great time to dive into movement and feel the benefits of the heat!

Water is your best friend - be sure to hydrate even on days you are not in the studio and eat well nourished foods to keep your body and mind highly functioning.

Remember your body as the whole picture. Sunscreen to protect your outer layer, water to hydrate, vitamins for nourishment, sleep for brain power, and movement for overall well being. The more you take care of yourself on all levels the better you will feel.

We care about every part of you! Make sure you are doing your part outside the studio to have the best experience inside the studio!

WHAT ELSE?

*New equipment is on the way! You are the first to hear this news! Be ready for new classes in September!

*Gift Cards available (always) online and in-person purchase

*Apparel for sale on our website. New designs coming soon!



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