

Get ReFormed PILATES

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New Location!!

4681 Ohio Drive
Suite 116
Lebanon/Ohio Center
Frisco, Texas 75035
(972) 668-5262

Follow up Links

[Our Website](#)

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" SPRING" Training Events/Promos

Get Re-Formed Quarterly Newsletter

April 2010

Dear Brandy,

Enjoy Springtime!
It's Time to **Get Active!**

Despite the endless Winter weather, we again had record growth at the studio-boosted by our January Grand Re-Opening & our article in the Dallas Morning News Feb. 8 featuring client Sharon Marchioli who has had MS for 30+ years and the incredible results she is getting from her Pilates training with us.



With our space tripled in our new location , a Back Studio & additional equipment we have plenty of room and open spaces for new folks . We look forward to getting back in touch with many clients who must have hibernated this winter- We miss you!

I was honored to be invited by the physiologist for Cirque du Soleil to come backstage to train some of their Artists in Pilates during their **Alegria** Performance at the Frisco Dr. Pepper Arena. Pictured above (look at **HIM** not me-wow!)-is Aerialist Mark Beiler - a former National Gymnastic Champion from Canada - he was a visual delight, charming to work with and it was a thrill to watch the performers rehearse and see the behind the scenes workings of the production.

Saturday May 1 is International Pilates Day!!!!
Join us again for "Pilates in Central Park"

45 minute Mat
8am in Frisco

(On Parkwood -between Gaylord and Warren Blvd-Look for the Cows)
BYOMat or we will provide them.

Photos:

We want a Hundred People doing "The Hundred!"

Please Read On for Schedule Changes, Workshops, Events & Promos!

Rebecca (Burnett) Swieczkowski
Owner, Get ReFormed Pilates Center
& Training Staff
Lelsey, Kelsie, Brandy, Nimisha, Christina, Alex, & Michelle

Schedules & Policies:

*SPRING SCHEDULE starts **Saturday***
April 17

***Last Minute Online Sign Ups**
are Back!

Now You can reserve a spot in a Class
or GET up to 5 Minutes before Start
Time



Get ReFormed Training Staff
Top: Kelsie, Rebecca, & Lesley (on end)
Bottom: Brandy, Nimisha, Christina
(Not pictured: Alex & Michelle)

[CLICK HERE TO LINK/DOWNLOAD SCHEDULE / CLASS DESCRIPTIONS](#)

SCHEDULE

SATURDAY

8:00 am Guys Get ReFormed! (GET)
 8:30 am Mat w/ Props (CLASS)
 9:00 am PARTY II-III (GET)
 10:00 am Tower I-II (GET)
 10:15 am Ziesta Cardio Fiesta (Class)

WEEKDAYS

Monday

NOON pm Full Equipment I-II (GET)
 6:15 pm Reformer/Tower I-II (GET)

Tuesday

9:30 am YOGA Flow w/ Mini-Mat (Class)
 10:30 am Tower I-II (GET)
 6:15 pm Tower/ HardCore II-III (GET)
 6:45 pm Mat w/ Props I-II (Class)

Wednesday

8:30 am Pilates 4 Health Mat-I (CLASS)
 NOON pm Tower I-II (GET)
 6:15 pm Mat: Flow & Go II (Class)

Thursday

8:30 am Reformer/Tower I-II (GET)
 6:15 pm Full Equipment I-II (GET)
 6:45 pm Mat/Yoga Stretch I-II (Class)

Friday

9:30 am Mat: Flow & Go II-III (Class)

****(Class) \$8-\$10 BACK Studio***

****(GET) \$20-\$25 Front Studio Group Equipment Training***

Welcome [Michelle Lewis Sirianni](#) - Instructor

I'm excited to introduce back to our Staff my good friend from the old days (Signature Club/Kokopellis), Michelle. She will be teaching the **new Thursday 6:45 pm Class: Half/Half (Pilates Mat & Yoga)** for starters. Michelle tells me that, "I have been inspired by many teachers in my life and therefore I love to bring a new body awareness, and an improvement to my students that they've never experienced before. Guiding them on this journey only enriches mine"



Michelle has a BA in International Studies & Spanish from West Virginia University. She has worked for many years in the Fitness & Health industries and is currently working for the City of Fairfield. She has been a Level 2 Certified Mat Instructor with Power Pilates,

NYC since 2003. In 2008 she completed her 200 Hour RYT (Registered Yoga Teacher) under Purple Lotus.

FOCUS on our STAFF!

**Pilates is a perfect balance to Athletic Training!!
Love your Running, Biking, and Swimming regime but finding it harder to stay Pain and Injury-free? More Pilates/Stretching!**



Alex, and her husband, Coleman are an inspiring couple to say the least. They are both students at Dallas Theological Seminary: He is working towards his 4 year Masters degree in Theology and she is pursuing her 3 year Masters in Counseling while serving as Youth pastors at The Ridge Church. Setting goals in nothing new to Alex: in addition to her studies and Pilates training at Get Reformed, she is a serious athlete with several races on her radar:
* April 17 Zoo Run- Ft Worth
* April 25 Caveman Sprint Triathlon -Flower Mound
* May 2 Kiwanis Sprint Triathlon-McKinney
* June 6 PlayTri Festival Olympic Triathlon -Irving
* August 22 Take on the Heat Sprint Triathlon-Lewisville

Alexandria can prepare you for Your Race Day: CALL For Pilates & Personal Training Sessions with Alex

Get ReFormed Trainer & Tri-Athlete, Alexandria Ford

CONGRATS TO TRAINER: CHRISTINA ROJAS

ON HER UPCOMING MARRIAGE ON APRIL 30.
YOU LOOK MARVELOUS!

CONGRATS TO TRAINER : LESLEY FIGUEROA-SNELSON

for winner a 2 year grant to pursue her project: "So YOU think You Can Dance - Collin College!"

CONGRATS TO TRAINER: NIMISHA CALIEN-KALYAN

for her work at Pilates Unlimited under renown Trainer, Karen Sanzo - completing her final Equipment courses!

CONGRATS TO TRAINER: KELSIE HARDY-McCLELLAN on her Promotion to Get Reformed Pilates Studio Manager in charge of Client- Relations

CONGRATS TO TRAINER: BRANDY NICCOLAI:

College Professor of Dance at Tarrant County Community College - featured at the American College Dance Festival Conference.

CONGRATS TO TRAINER: STEFAN SWIECZKOWSKI:

Apprenticing under Davidson Reid- Power Pilates Teacher Trainer in Atlanta, Georgia

Upcoming Workshops: Step it Up a Level: Faster Transitions
(Reformer II & Chair)

Cost: \$ 60 Limited to 6 clients

Time: 5:30 pm- 7:30 pm

Date: April 23 OR May 7 (Friday)

What: A Workout/Workshop Reviewing the Exercise Order & proper Transitions on the Reformer and Chair

Trainer: Rebecca Swieczkowski

Ideal for Clients who want to join a higher Level Group Equipment class or as a Brush -Up course for those returning to the Studio

POLICY CHANGE REGARDING CLIENTS WITH OSTEOPOROSIS/OSTEOPENIA

A Disease characterized by low bone mass & Structural deterioration of bone tissue

**Everyone over Age 50 should have a Bone Density test
& earlier if You are at High Risk: KNOW Your T-Score**

For Safety reasons, Clients training at the Studio who have been diagnosed with Osteoporosis/Osteopenia will need to get their exact "T-Scores" to us to add to your Health file.

Resistance Exercise is prescribed for the progressive disease, but caution must be taken to be sure that clients know their Proper Modifications for Pilates before they join a Group or a Class.

Nimisha Calien-Kaylan, our Senior Trainer who is also trained as a Physical Therapist, will be guiding us in these matters.

Group Equipment Classes for \$18 Each!

"Spring Training" Resistance Training!

20 Classes for \$18 each = \$360 (Cash or Check ONLY)

GET Re-FORMED!

That would be 2 Sessions/Week for 10 Weeks!

GOOD THRU AUGUST 31 - NO REFUNDS - NO EXTENSIONS!

CALL: 972- 668-5262 or Email us back for details

MUST COME to Studio to Purchase

Our Price: \$ 360

List Price: \$ 500 @ \$25 EACH OR \$400 @ \$20 each

S & H: \$ \$ 140

About Us: Get ReFormed Pilates Center

We offer the Community the highest level of Professional Pilates Training adhering to the original Classical NYC method with traditional exercise order and fast flowing style for healthy clients. For clients with special conditions or those who are Post Rehab , we tailor the Pilates sessions to address those issues using the latest modern research and therapy tools available. Our Training Staff are skilled in all safety precautions in working with clients on the Apparatus and give them inspiration, motivation and emotional support throughout the workout.

We work with Clients of all ages- from Teen athletes & Dancers to Clients taking on the challenges of each new decade of life.

We hope you will choose to make your Health a priority in your Life We believe that the extensive Body Conditioning Method developed by Joseph H. Pilates is one of the most brilliant and effective ways to Get Healthy and Get ReFormed!

Sincerely,
Rebecca & all our Staff