

### KICKBACK REFERRAL PROGRAM:

If you refer a Client to the Studio and they purchase any Package of Privates or Semi-Private Sessions

(Pilates Equipment, Private Yoga, ActivCore, or Thai Yoga Bodyworks)

**YOU will receive a \$10 credit in your Pilates Bank Account!**

*Sorry We're*  
**CLOSED**

## OFFICE HOURS

Summer Business Office Hours

M/W/F  
8am-Noon

Stefan (Business Mgr.)

#### Available:

For Tours of Studio  
To Answer your Questions  
To Give Free Demos

**LABOR DAY:**  
September 5<sup>th</sup>

Get Reformed Pilates & Training Center will be Featured In the August Edition of:

## FRISCO STYLE MAGAZINE

Look for us in the Business Profile and please pass it on to any family, friends or co-workers who might be interested.

### Welcome to the Get Reformed Staff:



#### Julie Pavelek

Julie has a bachelor of science in Kinesiology and minor in Dance from Texas A&M University. She began her dance training at a very young age, continued dancing at A&M, and professionally under the direction of Christine Bergeron and Carisa Armstrong, where she was introduced to Pilates. After a complicated pregnancy and delivery, Pilates restored her mobility, strength and flexibility. It was this that inspired her to complete her all-level mat certification with Power Pilates.

Julie will be teaching the Tuesday 6:15pm Mat Class while Nimisha is on Maternity Leave.

### Doctors "do Pilates!"

Several local Doctors train with us and receive benefits of this training:

DR. JIM COX

DRS. GERMAN & DIANA OLIVER

DR. SARAH SAMAAN

DR. ISADOR LIEBERMAN

(Orthopedic: Spine Surgeon) & wife, Deeci Practice Pilates with us and he strongly recommends it for his patients

"When I first met Rebecca, Kelsey, Alex, and Brandy at Get Reformed Pilates, I was suffering from severe rotator cuff tendonitis and bursitis as well as hip pain. The pain was often unbearable and I was taking excessive doses of anti-inflammatory medicines. I could not sleep on my left side due to the pain, and I feared that surgery, or even a change in careers might be needed. These wonderfully patient ladies have trained me back into shape. I am pain-free, stronger, and no longer ponder drastic measures. I am standing taller and no longer suffer from muscle fatigue after a long day in the endoscopy suite. Each session gives me a new sense of balance, coordination and symmetry." ~Dr. James T. Cox, M.D.

4681 Ohio Dr. # 116  
Lebanon/ Ohio Center  
Frisco, TX 75035

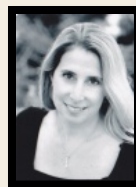


www.getreformed.com  
Phone: 972-668-5262  
Cell: 469-964-8481

# Get Informed

Summer 2011 Newsletter

### NEW SERVICES



**Post Rehab**  
with Stephanie  
\$70/session

Stephanie is a Licensed Physical Therapist, specializing in Orthopedics, and clients with Special Conditions/Cases. She has a BS in Physical Therapy from the University of Colorado Health Sciences Center and is an APTA Certified Clinical Instructor certified through Polestar in Pilates Rehabilitation.



**Corrective Exercise**  
with Tammy  
\$70/session

Tammy is certified in Corrective Exercise with the National Academy of Sports Medicine. This NASM Advanced Specialization was developed "in response to the growing need for professionals to have the ability to assist clients experiencing musculoskeletal impairments, muscle imbalances, or rehabilitation concerns."

### Thai Yoga Bodyworks

with Shanell  
\$70/hour session  
\$100/90 minute session

&

### Private Yoga

with Shanell  
\$60/session

**(NEW SERVICES INFORMATION  
CONTINUED ON PAGE 2)**



Owners Rebecca & Stefan Swieczkowski at Centennial Hospital

We invite you to revisit Get Reformed Training Center (we miss you!) or maybe come by for your first time. We have expanded our Staff, included more economical Classes, added more Pilates Equipment, and we have the REDCORD Suspension Training from Norway. We are as passionate as ever about helping people discover the Benefits of proper Pilates Training & the correct Biomechanics for Fitness exercise plus we have fun doing it! (Did you know that laughing is great for your Core ?!) We have created a comfortable and supportive environment where you are inspired to workout **HARD**, but within your personal limitations. Our Motto is: **LOOK GOOD, or FEEL GOOD? BOTH IS BETTER!!**

Rebecca Swieczkowski, Founder and Owner



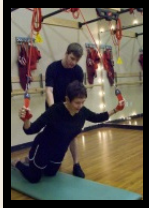
## NEW SERVICES (continued)

### **Thai Yoga Bodyworks** with Shanell

\$70/hour session or \$100/90 minute session  
Done on a mat on the Floor: Client & Practitioner are dressed in comfortable clothing allowing for ease of movement. This is customized assisted Yoga (but no experience necessary) focusing on muscle release through a palming and thumbing technique using the body's energy lines and pressure points while Stretching and Releasing the muscles.

### **Private Yoga with Shanell** \$60/Session

Good Opportunity to learn about Yoga without the distractions of a large group setting-personalized. For the experienced Yogi, it is a personal time to work on alignment and attempt more challenging poses.



### **ActivCore** **Suspension Training**

with Stefan  
\$60/private or  
\$20-\$25/G.E.T. Class

A unique system of exercises using ropes, bungees, and slings that provide controlled instability to challenge the body safely and effectively. Exercises in the ropes, neurologically "wake-up" muscles that shut down due to injury, chronic overuse or imbalances. Applications range from Athletes to Rehab & everyone in between.



### **Personal Training:** **Kickbox/Bootcamp Style**

with Erin  
\$70/Session

One of the Best and most knowledgeable Personal Trainers in Dallas! Her sessions can be geared towards training elite athletes or those looking for weight loss and toned muscles. No intimidation, just an encouraging and motivating training style to help you reach your goals using a variety of fitness equipment: body bars, dumbbells, Balls, Bands, Kickbox.

## Tracking Our Trainers:

See what our trainers are up to and what other roles they play in and out of the studio.



### **Lesley Snelson, MFA (Senior Trainer):**

is a Professor of Dance at Collin College and the Co-Artistic director for Muscle Memory Dance Theatre, a Modern Dance Company.

### **Tammy Hischke (Senior Trainer):**

is our Director of Education.

### **Nimisha Calien-Kalyan (Senior Trainer):**

is trained as a Physical Therapist in South Africa and completed all apparatus Pilates training. On June 24<sup>th</sup> she gave birth to a little boy, Keehan, and will be on maternity leave until the Fall.

### **Kelsie Hardy (Certified Trainer):**

is our Studio Manager. All questions and inquiries can be directed to her at [kelsie@getreformedpilates.com](mailto:kelsie@getreformedpilates.com)

### **Alex Ford (Certified Trainer):**

is a tri-athlete and has been donating her completed miles for the "Race for Joffrey." She has raised over \$5,000 towards Joffrey's medical expenses.

### **Christina Rojas (Certified Trainer):**

is currently working on her degree in Education at TWU.

### **Stefan Swieczkowski (Certified Trainer):**

Traveled to NYC for Advanced ActivCore Training and is working towards his Personal Training Certification with NASM.

## Write a Review for a Chance to Win 10 Private Sessions!

Write a positive review on Google Search, CitySearch, and/or Insider Pages and for each review you write, your name will be entered in for a drawing for 10 Private Sessions! Drawing will take place on 7/31/11.

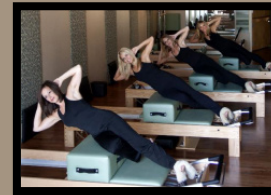
For more information on the "Race for Joffrey" and up to date information on Rebecca's son, Joffrey, as he battles with rare Sarcoma cancer.

Visit:

[www.caringbridge.org/visit/michaeljoffreyswieczkowski](http://www.caringbridge.org/visit/michaeljoffreyswieczkowski)

## HOT SUMMER DEALS FOR EVERYONE!

Don't Pass Up these Amazing Offers from Get ReFormed Pilates



### Package of 4 G.E.T.s for \$75!

Only \$18.75 a Class

Regular Price = \$25/Class

Limit 1 Package per Client. Must be used by 9/7.

Absolutely No Refunds or Date Extensions.

Buy Online or In-House.

### 10 Pack of Classes for ONLY \$50!

That's only \$5.00 a Class!

Regular Price = 10 Classes for \$100

Must purchase by 7/31. Good for 3 Months from Date of

Purchase. Valid for Pilates Mat/Yoga/Kickbox

Workout/Zumba/Family Yoga Classes.



### Studio Special with Stefan: 4 Pack of Privates for \$180!

Only \$45/Private for Pilates Equipment Session

Regular Price = \$60/Private

Limit 2 Packages per client. Must purchase by 7/31/11

Opportunity for Current Clients to learn more of the Pilates System Exercises, Transitions, Progressions & to Increase your Fitness Level. Great for Returning Clients who need to Get back in Shape OR want to Brush Up on Exercises before Rejoining a GET class or Duet group. Perfect for NEW Clients who need low cost Extra Privates to be able to move into Group Equipment Classes or Semi-Privates with others. Available for ALL Clients: Purchase NOW! Use Up by 10/1/11. Pilates Equipment Training. Days/Times Limited Availability. Check our Online Webscheduler for Trainer Availability.

Did you know that our Pilates Trainers went through a full Apprenticeship and were Trained Comprehensively on All Equipment All Levels including Post Rehab? And did you know that they were awarded their Certification by passing extensive written & practical examinations in the Authentic Pilates Method?

## NEWLY ADDED CLASSES

(in Studio B)

**Monday: 9:30am Pilates Mat w/Props**

Level I-II with Rebecca

**Tuesday: 11:30am Kickbox Workout**

Level I-II with Erin

No experience or gloves needed. Wear tennis shoes.

**Wednesday: 8:30am Half & Half: Pilates & Yoga**

Level I: Co-Taught by Stefan & Shanell

COMING SOON:

**ZUMBA CLASSES**

On Select Days/Times TBA

**Saturday: 9:30am Family Yoga Event**

With Shanell

Ages 8 & Up. Selected Dates in July and August TBA

## NEWLY ADDED

## GROUP EQUIPMENT TRAINING

(in Studio A, except for ActivCore)

**Tuesday: 5:15pm System I-II All Equipment**

Level I-II with Rebecca

**Wednesday: NOON KickBox Bootcamp**

Level I-II with Erin

Tennis Shoes/Gloves/Wraps Required.

Format Changes:

**Thursday: 10:30am Reformer Only & Abs**

Level I-II with Rebecca

**Saturday: 9:30am P.A.R.T.Y.**

Level II with Rebecca

P.ilates, A.rms, R.eformer, T.ower, Y.oga