

BETTER LIVING

CASTLE ROCK • CASTLE PINES

February - March 2012



Randy's Read -
"The Douglas
Land Conservancy"
See page 12

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**Pilates in the Pines
is making major
upgrades!
See pages 6 & 7.**

**Alana Norman
& Cathy Bosson
co-owners of
Pilates in the Pines**

**Not your
father's
armchair.
Page 6.**

Photo by Jimmy Dozer

**THE MOST EXPOSURE
IN CASTLE ROCK!**

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PILATES



IN THE PINES

**The Perfect Workout in the
Perfect Environment**

See page 7



**Primrose School
of Castle Rock**

"The Leader in Educational Child Care"

ENROLL NOW

See page 4



Cover Story

Pilates in the Pines

combines high regard for tradition with openness to technological advances in fitness equipment regimens.

Pilates in the Pines, located in the Village at Castle Pines offers the highest level of experience and expertise in Colorado. Alana Norman, Co-Owner & Founder is a Master Pilates Instructor with over 28 years teaching experience. She has been certified in GYROTONIC® for the last 11 years. Cathy Bosson, Co-Owner & Founder is also certified in Pilates and GYROTONIC® and has been teaching for more than 10 years. Both are certified in all the specialized GYROTONIC® equipment. In addition Pilates in the Pines features the complete array of traditional Pilates equipment, plus a host of cutting edge fitness equipment, which combines many technological, advances to what Joseph Pilates originally created (see Avalon Arm Chair Box, and Barrel). Additionally, Alana and Cathy have made a commitment to their new technology and have gone through rigorous training so that they can expertly and confidently instruct their clients to receive maximum benefits.

This state-of-the-art studio, which has catered to hundreds of men and women alike since it was opened over 10 years ago, is a testament to Cathy's and Alana's passion to provide an environment of warmth, harmony and the very "best-of-breed" technological advances to their fitness regimens. It should also be noted that area physicians have also recommended Pilates in the Pines to many of their patients to find relief from the pain and immobility brought on by a stroke, Parkinson's, Scoliosis, or simple disk problems.

The Avalon® System is a new dimension in Pilates, for classical or contemporary Pilates regimens and vastly increases clients of Pilates in the Pines exercise options. The spring attachments allow our instructors to create novel angles of pull and exercise sequences, with varying resistance.

- Reinforces upright alignment when seated, encouraging activation of core muscles.
- Adjustable handles accommodate a variety of exercises and body types.
- Extremely user-friendly, especially for clients with restricted mobility.



The Avalon® Arm Chair & Box. Inspired by Joseph Pilates' original Arm Chair. Original concept by world-renowned teacher Rael Isacowitz and developed in collaboration with Balanced Body. Pilates in the Pines certified Pilates Instructor Kristina Boudreau illustrates its versatility.



The Avalon® Step Barrel

The new Avalon® Step Barrel is a complete redesign of Joseph Pilates' original Spine Corrector, and incorporates the groundbreaking addition of a full spring system for resistance-based repertoire.



Power Plate is the ultimate wellness solution for all ages, lifestyles and physical abilities.

Training with the **Power Plate** machine creates instability in the human body, as with each vibration the body is forced to perform reflexive muscle actions, multiple times per second. Furthermore, these contractions must work in multiple dimensions as the Power Plate machine actually oscillates in all three planes, exactly as the human body is designed to do. The net result is an incredible improvement in force production, or strength and power.

Cathy and Alana invite you to call 720-733-9307 or drop by Pilates in the Pines and say hello and they'll be happy to answer any questions you might have about which of their programs and technologies would be right for you.

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**The Perfect Workout
In The Perfect Environment**

880 Happy Canyon Road, Suite 145,
Santa Fe and Happy Canyon Road,
Castle Rock
www.pilatesinthepines.com

Fitness is the first requisite of happiness.

Joseph H. Pilates



To help you achieve a healthier and happier lifestyle, *Pilates in the Pines* is offering new clients **10 reformer classes for \$200**. It's also worth mentioning, we offer our clients the highest level of expertise and experience in Colorado. We invite you to drop by our world-class studio located in the Village at Castle Pines to take a tour, or call **720-733-9307** for more information.

P I L A T E S



I N T H E P I N E S

The Perfect Workout In The Perfect Environment

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