

# MARKETPLACE

*Local*

CASTLE ROCK - CASTLE PINES - LARKSPUR - SEDALIA

COMING IN DECEMBER...OUR **NEW** HIGHLANDS RANCH EDITION!

NOVEMBER - DECEMBER 2008

**Castle Rock residents Alana Norman (left) and Cathy Bosson (right) are exercising their passion to promote genuine health and healing through their renowned Pilates in the Pines studio.**

See their story and learn more about Pilates on page 10

Photo by Jimmysphoto.com

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**Good & Great**  
*Eats & Values*

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**COLD STONE**  
CREAMS

**CASTLE ROCK BBQ**



*Garden Path*

**THANKSGIVING**  
is November 27th



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# PILATES



**W**hen Castle Pines Village resident Cathy Bosson suffered a knee injury in 2001, a friend recommended she pay a visit to fellow resident Alana Norman to learn about Pilates. The results were so convincing and rehabilitative, that within a year the two had agreed to unite their efforts to open their own studio.

Today, Pilates in the Pines, located just west of King Soopers in Castle Pines North, offers the highest level of experience and expertise in Colorado. In addition to their highly experienced and accredited staff, Pilates in the Pines features every applicable apparatus available including the Pilates Reformer, the Cadillac, the Spine Corrector, the Ladder Barrel, the Wunda Chair and more. Their magnificent studio is truly a testament to Cathy and Alana's passion to provide an environment of warmth and harmony that nourishes the "experience" of realizing genuine health and healing. "It's about helping people change physically and emotionally," stresses Alana.

Indeed, since opening over six years ago, literally hundreds of clients have realized this "experience" first-hand. While many come to improve and reshape their bodies and advance their general health, some come with the objective of enhancing their sports performance by increasing core strength, flexibility and coordination. Area physicians have also recommended Pilates in the Pines to some of their patients to find relief from the pain and immobility brought on by a stroke, Parkinson's, Scoliosis, or simple disk problems.

## What is Pilates?

Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. Additionally, Pilates can increase range of motion, reduce stress and anxiety, and help prevent illness and injury. Which might explain why Pilates has become one of the most popular exercise regimens in the country. Another reason that explains the enormous popularity of Pilates is that it works so well for a wide range of people. Athletes and dancers love it, as do seniors, women rebounding from pregnancy, and people who are at various stages of physical rehabilitation. The top benefits are that people become stronger, leaner, and more flexible and seem to do many physical movements surrounding their daily lives with more grace and ease.

## A little history.

Joseph Pilates went to England in 1912, where he worked as a self-defense instructor for detectives at Scotland Yard. At the outbreak of World War I, Joseph was interned as an "enemy alien" with other German nationals. During his internment, Joseph Pilates refined his ideas and trained other internees in his system of exercise. He rigged springs to hospital beds, enabling bedridden patients to exercise against resistance, an innovation that led to his later equipment

signs. An influenza epidemic struck England in 1918, killing thousands of people, but not a single one of Joseph Pilates' trainees died. This, he discovered, testified to the effectiveness of his system.

After his release, Joseph returned to Germany. When German officials asked Joseph to teach his fitness system to the army, he decided to leave Germany for good.

In 1926, Joseph Pilates immigrated to the United States from Germany. During the voyage he met a woman named Clara, whom he later married. Joseph and Clara opened a fitness studio in New York, sharing an address with the New York City Ballet. By the early 1960s, Joseph and Clara could count among their clients many New York dancers. George Balanchine studied at "Joe's", as he called it, and also invited Joseph Pilates to instruct his young ballerinas at the New York City Ballet.

## The emergence of Ron Fletcher.

Several students of Joe and Clara went on to open their own studios. Ron Fletcher was a Martha Graham dancer who studied and consulted with Joseph Pilates from the 1940s on. Fletcher opened his studio in Los Angeles in 1970 and attracted many Hollywood stars. Clara was particularly enamored with Ron and she gave her blessing to him to carry on the "Pilates" work and name. A true Pilates Master, Fletcher brought some major innovations and advancements to the "Pilates" work.

## Ron Fletcher mentors Alana Norman.

As fate would have it Ron Fletcher and Alana Norman's paths would cross. And it was this renowned Pilates Master that directly trained Alana Norman. Today, Alana herself is a Pilates Master Instructor and now trains other instructors here in Castle Rock at the Pilates in the Pines Studio.

## Gyrotonic. The new Pilates.

Pilates in the Pines has made an enormous commitment to their studio and their clients by offering a complete Gyrotonic program. Gyrotonic training is what some call the "New Pilates" and an integral part of the Pilates in the Pines instruction and class schedule. The Gyrotonic Expansion System was conceived by Juliu Horvath using key principles of gymnastics, swimming, ballet, and yoga through which major muscle groups are worked in an integrated manner. The exercise equipment is specifically designed around the human body to allow total freedom in movement, no restriction to speed or versatility, and enhance coordination, strength and flexibility. Gyrotonic and Gyrokinesis blend perfectly with Pilates.

**See Special Offer  
on Next Page**

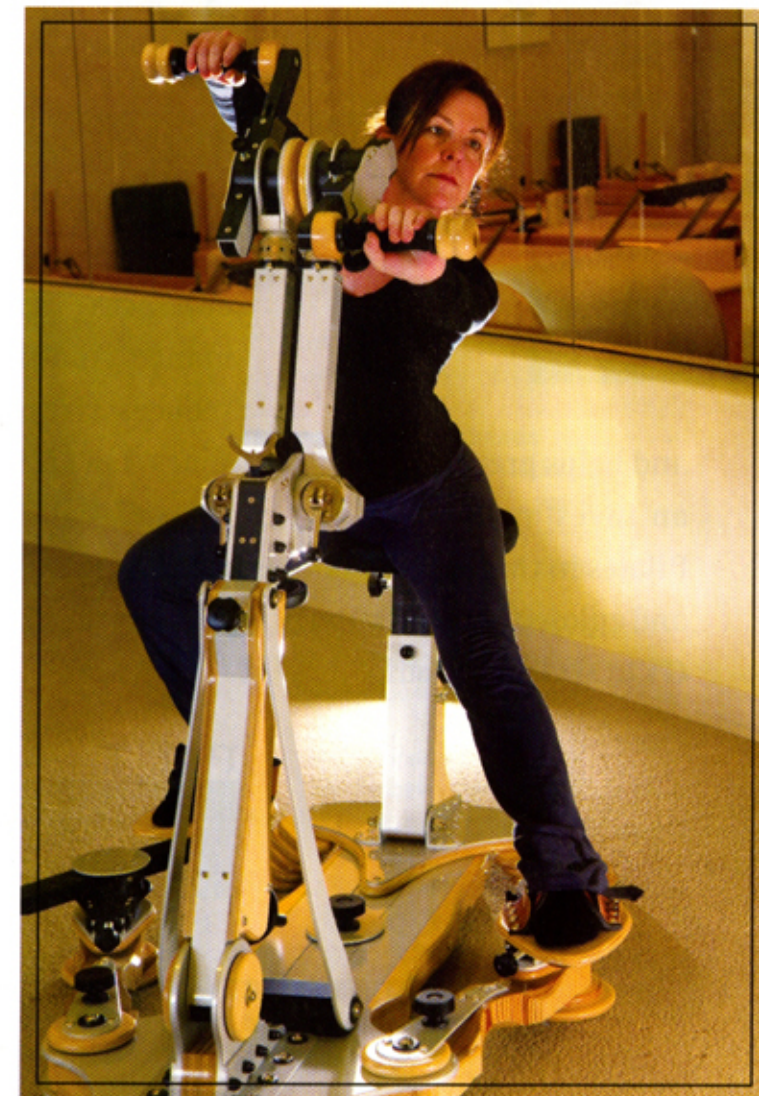
## The Pilates in the Pines experience.

- An easy to find location with plenty of close-in parking
- An inviting modern facility loaded with state of the art equipment
- A careful ear to learn about your goals...whether it be sculpting a particular part of your body, improving your general health, or addressing a specific ailment or condition.
- Personalized instructional training to learn what to do and how to do it
- No blaring stereos or TV's, but rather a peaceful and calming fountain, a soft tasteful color palette, and excellent Feng Shui
- Highly accredited and knowledgeable instructors
- Generous hours of operation and lots of classes
- Affordable plans to fit your budget

Why not invest in your own health and visit Cathy and Alana at Pilates in the Pines?

7280 Lagae Road, Suite J  
Castle Rock, Colorado 80108  
(Just West of King Soopers in Castle Pines North)

Phone: 720.733.9307  
www.pilatesinthepines.com







# 10 PILATES LESSONS FOR \$200.

## GUARANTEED DIVIDENDS.

At \$20 a lesson, it's the best investment you'll ever make. Consider the returns. Pilates builds core strength, increases flexibility, improves range of motion and enhances sports performance. Additionally Pilates reduces stress and anxiety

and helps prevent illness and injury. Isn't it time you made an investment where you can't lose? Call 720-733-9307. Pilates in the Pines combines functionality with aesthetics and enjoys the reputation of being a world-class Pilates and GYROTONIC® studio.



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