

## We've Got Hard Tail How 'bout You?



and We're having a sale!

April 2008

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### Maybe it's Spring and maybe it's not!

The weather keeps playing tricks. But I know for sure, Summer is coming and it is time to make sure you are ready for the beach. The Power Plates are here and for those of you who haven't come to see what's shaking you are missing some good vibrations. The plates speed healing, help with range of motion issues, increase your metabolism and help decrease the appearance of cellulite. **REALLY**. Several doctors in Arizona actually use the plates as the only form of exercise for their patients. 10 minutes a day of vibration.

Next week we will start 15 minute abs, upper body blast and beach booty sessions. The plate is a quick workout, but everyone will tell you, if you aren't just standing there, it isn't easy. However, every total body workout ends with a massage. You can't beat that! And it isn't just for girls, actually Vibration Therapy wasn't even created with women in mind. Developed by the Russians for space travel, you can now find Power Plates in the locker room of the **Orioles, Ravens** and on the **PGA** tour. The plates can also be found in doctor's offices because they are clinically proven to increase bone density and remember what I said about helping with weight loss, all those folks who saw an increase in bone density also saw a decrease in body fat.

Finally, we have **Hard Tail** and it is on sale this week. Hard Tail, a great line for at home, in the studio, gym and running around the city. Beautiful clothes, beautiful colors and beautiful people. When I was in New York I met Dick Cantrell, the founder of Hard Tail. I of course asked him about the name. He told me he was a fighter pilot. He and the rest of the "boys" would always get together and talk about their favorite things, flying and women. He said that as pilots, they would always get their share of beautiful women, but, they always wanted a "Hard Tail". I waited for the definition... A "Hard Tail", is a confident, beautiful, smart woman, who has attitude and is **NEVER** afraid to show it. So, come on in and get a T-shirt and let everyone know who you are!

*Studio Edge*

Your Edge on Nutrition

Mona Vie

## Jamie Sherman, RD, LD

For over 15 years, I have used a simple approach to put my clients at ease while talking about nutrition. I believe you do not have to give up the foods you love; I just want to help integrate those foods into your life in A Healthier Way.

I believe the word diet should never have an "ing" added to it. I want you to stop thinking about dieting and start thinking about healthier eating. Together, we can develop a plan which is sustainable- a program which will work for you and lead you to A Healthier Way.

## Art @ Edge Robert J. Morton

Robert Morton has a passion for color, people landscapes and dreamscapes. His materials include watercolor, ink, oil, pastel, pencil and acrylic. He is reminded by Picasso and other artists that being an artist seems to create a heroic struggle. It is a struggle that he hopes to continue all his life.



On Sunday May 18, 2008, 2 - 4 pm, please join us as we welcome the artist, Robert J. Morton and his beautiful work to the Studio Edge.

[Robert J. Morton Online](#)

## acai - the super berry



MonaVie is a delicious and energizing blend of 19 body benefiting fruits including the Brazilian acai berry. Cited by Dr. Piccone as one of the world's super foods, this fruit is really special.

I have been drinking MonaVie for almost a week. I'm sleeping better, and dreaming! Better yet, it tastes great.

I know you can find acai in beverages in the store, but most have caffeine and many are only made with the pulp. MonaVie really is the superior product it is made with the whole acai fruit, has no caffeine and has no added sugars.

Jamie, our resident nutritionist also likes the MonaVie product, she feels that its a great compliment for the hectic schedules of Studio Edge clients.

MonaVie, a favorite in barre studios across the US can now be found at Studio Edge!

## What's New

April 2008

New on the schedule! Studio Barre during the day. Monday at 11:00 am and Wednesday at 10:30 am.

We also have pilates on Mondays at 12, Wednesdays at 11:45 am and Fridays at 9:45!

Dont forget about Belly Dancing on Tuesday night at 7:30 pm. It is so much fun and a great abs workout.

Zumba Fusion starts on Wednesday April 16, 2008. A great mix of Latin and Hip hop dance. This class will be offered on Monday and Wednesday at 7:30 pm. It really is a party!

Welcome Joyce the new Zumba teacher for Saturday at 8:30 am. Her class is hot hot hot and has great flavor.

The pole room is open and we will be having class on Saturday April 19th. Please pre-register, space is limited.

and next month, kids classes coming!

## On Sale!



We are having a sale in the boutique. Things are going quickly, so get in and

take advantage of 25% off [Hard Tail](#), [Yini Bini](#), [Pure and Simple](#) and more! If you find something you like, and it isn't in your size, we can order it and you will still get the sale price! How good is that?

## Hoopnotica

is coming to Studio Edge May 8 - 11



Low-impact and belly-busting, Hoopnotic Hoopdance not only gets the heart pounding, it's also addictively fun, so it's easy to stick with. Using an adult-size hoop, hoopdance is more than just side-to-side on the waist, but is instead is a full body dance workout that is especially good for the core, abdominal, and back muscles, all of which work to improve posture, whittle the waist, and flatten the tummy. Hoopnotica has been featured in *TIME*, Good Morning America, and QVC. **Past press and TV segments can be viewed [here](#).**

As always, we thank you for your continued support and we look forward to seeing you soon at Studio Edge!

Sincerely,

*Studio Edge*

Save  
25%

On Hard Tail and other Studio Edge clothing this week! Come in and see what's new. If we don't have your size or you just have to have that item in another color, no problem. Just let us know and we can place the order, you will still get the sale price. Stop by or call for details.

Offer Expires: April 19, 2008

deposit required for orders

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