

pilatesstyle®

www.pilatesstyle.com

DAISY FUENTES:
"I GOT THIS BODY FROM PILATES!"

THE HOT NEW
POWER PLATE
SHAKING THINGS UP!

* **MARI WINSOR'S NEWEST PROP**

* **MINI STABILITY BALL WORKOUT**

* **GYROTONIC MOVES FOR BEGINNERS**

HEALTH-CLUB PILATES:

COULD THE TREND BOOST YOUR BOTTOM LINE?

OUR KILLER
RIGHT TO BARE ARMS
WORKOUT

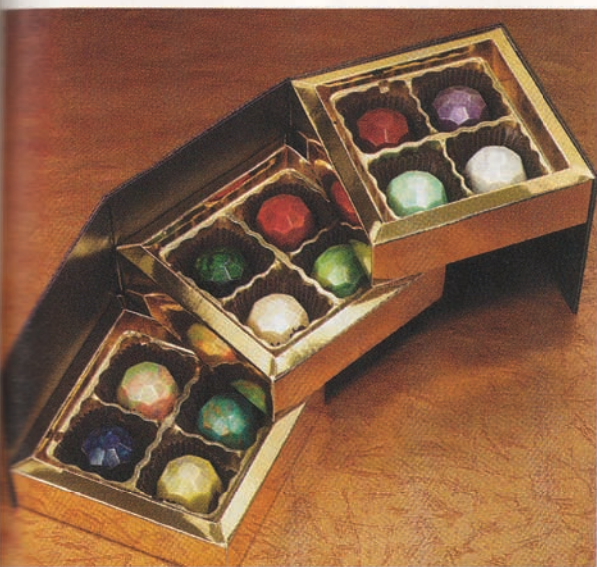
SPECIAL REPORT

THE HEALTH PROBLEM THAT PUTS 50 MILLION AMERICANS AT RISK

DECEMBER 2009

\$4.99 US





THE JEWEL BOX COLLECTION FROM CHOCLATIQUE is filled with 12 handmade exotic truffles, each reminiscent of birthstones, like blue curaçoa aquamarine and mojito crème emerald (\$40; chocolatique.com).

Stuff stockings with **CHOICE ORGANIC TEAS' GOURMET SAMPLER**, with 13 flavors including chai spice, Moroccan mint green tea and mango Ceylon with vanilla (\$3.50; choiceorganict teas.com).



Impress guests with sophisticated holiday drinks made from **PURISTA PREMIUM COCKTAIL MIXES**, available in mojito, caipirinha, margarita and blackberry mojito (\$19.99 each; puristacocktails.com).



CUPCAKE GOURMET'S GLUTEN-FREE AND HOLIDAY COLLECTIONS are filled with two dozen adorable mini-treats, shipped frozen to your door (\$49.98; cupcakesgourmet.com).

Deck the Halls

Get in the Holiday spirit with unique additions to your Pilates wardrobe. Highest quality but still affordable – the winning combination that's made **My Pilates Closet** the go-to name in studio wear.

Generate some **Holiday heat** with this sheer burnout-out tee. PILATES spelled in crystals adds extra sizzle. In sultry black, of course. **\$39.99**



Put some "season's sparkle" in your workout" with this edgy tee. Glittering crystal letters make you the studio stand-out. Basic black or cool white. **\$34.99**



Give the season's most unique gift with this up-to-the-minute tie-dye top with racerback comfort and a heavenly feel. The one item you've got to have! **\$39.99**

Say "thank you" to your teachers and clients with style and class. Black cord with heavy silver disc tastefully engraved with teaser logo. The perfect gift for everyone on your list. **\$42.89**



Happy Holidays!
Marie

Free gift with every purchase!

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