



The BALLECORE Workout
Integrating Pilates, Hatha Yoga and Ballet in an Innovative Exercise Routine for All Fitness levels
by Molly Weeks, BalleCore Developer

What's New!

Summer 2005

The BalleCore® Workout Book (Ballantine Books, 2005) is a **hit!** Just since its recent launch in March, the book has sold thousands of copies throughout the U.S. and Canada. Book sales are continuing to be brisk as more media coverage in national magazines and major newspapers throughout the country continue to highlight the uniquely graceful and effective

aspects of the BalleCore Workout.

To view recent media and the 4-page spread in *Fitness* magazine, visit www.ballecore.com and click on *Media Coverage*. And, while visiting BalleCore.com, you can purchase your own copy of the book online.

BalleCore BUZZ!

From *The Cleveland Plain Dealer* to the *Los Angeles Daily News* to the *New Orleans Picayune* to *South Florida's Sun Sentinel* to the *News-Sentinel* in **Fort Wayne, Indiana**....the Fitness Buzz is about BalleCore. And the Yoga, Health and Fitness industries are also talking about BalleCore! A gorgeous full-page book review plus an article by Molly Weeks excerpted from the *BalleCore Workout Book* was just published in *One Spirit Catalog*. And more is on its way... *Pilates Style* magazine will feature BalleCore in the September/October issue. Look for an article that features BalleCore and sample workout this December in *Body and Soul* magazine and a new lifestyle publication produced by Time, Inc. called *All You* magazine will be showcasing BalleCore in an upcoming issue. BalleCore is also featured as the *move of the month* in *Healing Lifestyles & Spas*, August 2005.

Most importantly, **readers are sending e-mails about how BalleCore is proving to help achieve weight loss, trim fat, firm and tone plus strengthen and enhance balance :**

"...I have been using the barre (BalleCore Barre) for a couple of months now with really astonishing results. I have been doing the ab work out that was published in (Fitness) magazine along with a cardio work out on my Nordictrac. I wish I had taken measurements before I started. I know I have lost somewhere in the neighborhood of 20 to 25 pounds and I have gone from a size 8 to a size 6. My belly is so much flatter and tighter than before. I am losing the flab in my obliques from pregnancy, which is really nice. My back is stronger and my balance is so much better. The added bonus is that the ab work out does not make me feel beat up afterward as with traditional sit ups. The work out is calm, controlled, and gentle. However, at first I thought it wasn't doing anything for me until the next day and boy did I feel the difference in my abs, but it wasn't so painful as to discourage me from continuing with the work out. Thank you very much for this extraordinarily simple and elegant Program."

–Charli Fallon Horn, Bellevue, Nebraska.

Los Angeles Loves BalleCore

After a sensational workout weekend in Los Angeles, **BalleCore** is now offered at the popular **SWERVE studios** located at 8250 West 3rd St, Suite 206 in Los Angeles. SWERVE was recently featured in *US magazine* as a favorite studio among celebrities. For more information call SWERVE at 323.782.0743 or email Charlyn at charlyn@pacbell.net. **BalleCore Pilates™** Classes continue at **Core Conditioning Studios** at 12930 Ventura Blvd., Suite 226A, Studio City, CA 91604; call 818.907.0008 for more information about the BalleCore Class Schedule. And, classes will soon be available at the **Los Angeles Athletic Club**.

Check out Ballecore.com for all other class locations throughout the U.S., Puerto Rico, Canada and Australia.

Announcing A New BalleCore Program

BalleCore Pilates™ One-Day Instructor Certification Workshops are happening this Fall in LA, Boston, CT, and NYC. See photos of BalleCore in *The Hundred*, a newsletter for thousands of Pilates instructors published by the Pilates Method Alliance (PMA).

June 2005

BalleCore Surges into Northern California!

A special Instructor Training recently held for Northern California Pilates/Fitness Instructors in Westport, CT June 24 - 26th

A successful BalleCore Certification workshop was held at Bodywork Pilates Studio with Cristina Bruno. Experienced instructors teaching at Santa Clara University and other CA private studios traveled east to help get BalleCore launched in Northern California this summer.

July 2005

A BalleCore Master Class series will begin on July 14th at the Los Angeles Athletic Club.

Following successful Master Classes in March of this year at the Club, there will be a very special BalleCore class taught by **certified instructor Charlyn Huss d'Anconia** for members and guests as well as a photo shoot for an upcoming issue of **Madame Figaro Magazine** (Japan). More Master Classes will be offered before the Fall to launch BalleCore at the Club.

September 2005

Lake Austin Spa in Austin, Texas this coming September Thursday 9/15 - Sunday 9/18.

will host a series of master BalleCore classes followed by book signing This is a return engagement to the fashionable spa. For more information, please visit:

http://www.lakeaustin.com/article_20050502101744-4382_132.php

October 2005

Los Angeles Training October 5th - 9th

BalleCore Level I & II Instructor Certification Workshop is scheduled at the Los Angeles Athletic Club in downtown Los Angeles, California.

BalleCore Pilates™ Sunday, October 2nd: a one-day Instructor Certification for Pilates Instructors at Core Conditioning in Studio City, California.

For more information about these upcoming trainings, Go to *Instructor Certification Page* on BalleCore.com for an application and more information about our training process.

Body/Mind Expo Attendees Enthusiastic about BalleCore

BalleCore was recently presented by **certified BalleCore Instructors Kathy Van Patten of Boston, Luis Bravo of Pennsylvania and Cristina Bruno of Connecticut**. The BalleCore Workout attracted a lot of attention at this conference held at the Santa Clara Convention Center in California. Attended by top fitness professionals and Pilates and Gyrotonic studio owners from all over the world, The Body/Mind Expo featured the best of the current fitness programs.

For more information about upcoming instructor training, events and BalleCore classes offered near you, please visit www.ballecore.com. And if you have any questions, please contact the BalleCore offices at: (617) 698-CORE (2673) or e-mail ballecore@aol.com.

Wishing you good health,

Molly Weeks, Creator
Director of BalleCore LLC
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"Integrates Pilates, Ballet, and Hatha Yoga in an innovative exercise routine for all fitness levels"

-BalleCore offered in the USA, Australia, Canada and Puerto Rico-

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