



ultimateinnercore

in Northern Michigan
welcome to wellness.... slip into calm.....



discover your strength....

Coming to [Studio on Main](#) in Frankfort June 13 & 14

Weekend of Wellness in Frankfort!

Join Michele Fulkerson of [Ultimate Inner Core](#) and Anna Mallien of [Studio on Main](#) for a weekend event you won't want to miss.

Saturday June 13th and Sunday June 14th classes on the beach and in the studio! Over 12 hours of fitness and wellness classes in a weekend guaranteed to jump start your summer routine!

Register now and save!

www.studionmain.biz

See highlights below!

Itinerary available upon request.

Contact us for more information!

michele@ultimateinnercore.com

See you in Frankfort!

Michele Fulkerson
Ultimate Inner Core

Spread the word! Forward this email to your friends who might be interested!

Package Deal

Purchase entire weekend package now until May 15th for only \$100

(savings of over \$50)

**Saturday 9-6
Sunday 10-3**

Healthy Lunch Included

Individual class sign-up available

[contact us for schedule and rates](#)



Beach Workout

Meet Saturday Morning for Sun Salutations on the Beach

Learn to stretch and tone in the sand with Yoga Sun Salutations.

Returning to the beach after lunch for a workout and beach hike to get the heart pumping!

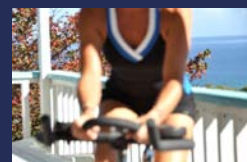


Core Strength for Cyclists

A class cyclists won't want to miss!

Join us Sunday for core-strengthening and stretching with yoga and Pilates designed to

increase strength and endurance on the bike. Whether you are an avid road cyclist or just enjoy touring the trails this informative class will tune up your body and improve your ride!



On the Mat

Pilates and Restorative Yoga Classes

Throughout the weekend at Studio on Main classes will be held focusing on the Ultimate Inner Core method of increasing core strength and creating the mind & body connection.



Pilates for Golfers



The use of Pilates and yoga to improve the game of golf has gained popularity in the past few years. Michele and Anna have been teaching the techniques of proper core stabilization, careful stretching and improved flexibility of the upper back all designed to improve your game and bring relief to sore muscles. If you love golf, don't miss this class!

Meditation & Breathing Techniques

Breath is key

Learning proper breathing and relaxation techniques improves overall wellness and fitness. Join us Saturday afternoon for a restorative yoga class followed by breathing and meditation. The perfect way to end a day of fitness and fun!

Some links worth viewing!
Click on the icons below



Save \$50

Register and pay in full now until May 15th and receive a \$50 discount.
Contact Anna for more details at anna@studioonmain.biz

Offer Expires: May 15, 2009

Regular Weekend Package Rate \$150

(Individual class sign-up available)