



## Cath Hopkinson, Pilates Specialist

1<sup>st</sup> September 2009

TO: Experience Pilates Group and Individual Participants

### **Would you mind writing a testimonial for me?**

You have been attending an Experience Pilates class for a while now and I hope you continue to enjoy them.

I was wondering if you would be kind enough to write a testimonial (using the enclosed form) to highlight the benefit you are getting from your Pilates.

The form is set out so you can be as thorough as you like and is divided into three sections, with an optional fourth box if you want to add any other comments.

- The first box is to explain why you attend an Experience Pilates class.
- The second is describing which of the components of the Experience Pilates session was most beneficial to you
- The third section is how you feel you have benefitted from the classes.
- The fourth is an optional section – please use this if you feel you would like to add something else.

There are examples of the types of answers you could give, but of course, they should be from your own experiences!!! I plan to use them on the website and also printed material in the future.

There is space on the form for your name and a few other details, these are for my records, and if the testimonial is published I can assure you that only your first name and location would be printed, e.g., Cath, Preston. However, if you would like more / fewer details published I would be happy to oblige!

I really do appreciate your taking time to complete the form and as a sweetener, all completed forms I receive by the end of September 2009 will be placed in a draw to win a course of 6 Pilates sessions in my new studio, using the 'Springboard' if you like!!! Winner to be announced 2<sup>nd</sup> October 2009.

Please let me know if you have any questions or concerns regard this.

Many thanks in advance and I look forward to hearing from you.

Best wishes



**Cath Hopkinson, Pilates Specialist**

**Testimonial for Experience Pilates**

**Your Name:**

**Class/individual**

**Date**

- 1. What problem did you have for you to choose Pilates – or why did you choose Pilates.**  
E.g. Back pain, pregnancy, wanted individual session, etc.

- 2. Please describe which of the components of the Experience Pilates session was most beneficial to you.**

E.g. appropriate exercises, Pilates by Numbers, use of Biofeedback, hands on tuition and correction, email and phone support, etc.

- 3. Please describe how you feel you have benefited from Pilates.**

E.g. what can you do now that you couldn't do before, has it improved your confidence, if so, how?



**Cath Hopkinson, Pilates Specialist**

Any other comments – please feel free to use this space for general feedback.

Thank you for your time – as soon as I receive the completed form I will enter your name in the free prize draw to win one 6-week course of personal Pilates in my new studio, using the Springboard, if you like!!!!

Please return this completed form to the Goosnargh address below or hand to me in class before the 30<sup>th</sup> September 2009. The winner will be announced 2<sup>nd</sup> October 2009.