

**From:** Karyna Shuliak <[REDACTED]>  
**To:** Ashley Pierson <[REDACTED]>  
**Subject:** RE: Pilates at Equinox 74th Street  
**Date:** Thu, 17 May 2012 15:17:07 +0000

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Yes, 8am tomorrow is good, please consider this as my confirmation.  
Thank you!

On May 17, 2012 10:36 AM, "Ashley Pierson" <[REDACTED]> wrote:

Hi Karyna,

We are fully committed tonight, but could see you tomorrow morning at 8am – would this work?

Please let me know and we can confirm.

Thanks!!

**From:** Karyna Shuliak [mailto:[REDACTED]]  
**Sent:** Thursday, May 17, 2012 10:16 AM  
**To:** Ashley Pierson  
**Subject:** Re: Pilates at Equinox 74th Street

Dear Ashley,  
Thank you for all the information, I would like to schedule a private pilates session today after 8pm if possible or tomorrow morning sometime between 7 and 9 am. Please let me know your availability.  
Thank you,  
Karyna.

On May 17, 2012 7:02 AM, "Ashley Pierson" <[REDACTED]> wrote:

Dear Karyna,

Welcome to Equinox! My name is Ashley Pierson and I am the manager of the Pilates studio here. Every member at Equinox 74<sup>th</sup> Street receives an introduction to pilates with a complimentary 55 minute session in our fully equipped studio.

Pilates is a method of body conditioning that focuses on the "powerhouse" - the muscles of the abdomen and back that support the spine. Pilates will help you to develop a firmer, sleeker body while improving your flexibility, posture, balance, coordination, and alignment. At 74<sup>th</sup> Street you will have a private instructor who will guide you through the method and focus on your individual needs. All of our instructors have been through rigorous, training programs and are fully capable of helping you achieve your fitness goals.

Please let me know what day and time works for you and I will gladly schedule this appointment for you.

Thank you, I look forward to having you in the studio!

**Ashley Elizabeth Pierson**

Pilates Coordinator  
EQUINOX



Clients: Please note there is a 24 hour cancellation policy for all Private sessions and a 48 hour cancellation policy for all duet and semi-private sessions.

IT'S NOT FITNESS. **IT'S LIFE.**

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