

Rutland Physical Therapy Inc.

Kelowna Pilates Studio

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Ian Rudling, M.Ost • Elaine Sauvé, M.Ost • Kate Morton, RMT • Ian McLaren, RMT
Peggy Oud, Pilates • Janet Watson, Pilates • Betty Jeffers, Pilates
Monique De Jager, Pilates • Trish Disero, Pilates

To our dedicated Pilates clients,

I hope everyone has managed to stay healthy during the COVID-19 shutdown. I realized recently that this is the **25th anniversary year** of the **Kelowna Pilates Studio**. Over the years it moved from downstairs to upstairs and back downstairs then upstairs as we tried to accommodate the Pilates clientele as well as the ever-growing Rutland Physical Therapy clinic.

Unfortunately, the COVID-19 closure has made us really look at the finances of the clinic and studio and the viability of running the Pilates studio has come to an end. The clinic has been carrying the expenses of the studio for years to allow our long-time clients to continue their health journey. With the new protocols that COVID-19 has imposed on the clinic, we can no longer manage to carry the studio expenses.

The lease on the Pilates studio space (room #206) is coming up for renewal at the end of August and since the lease will increase, we had to make the difficult decision to let the lease go and close the studio.

We will move some of the Pilates equipment into the yoga room in #202 which will allow some private Pilates sessions to continue.

I am sad to have to close the studio after all these years and I know Henk would be sad as well, but since he was a numbers man, he would realize that the studio must adapt to the times as we all are.

Peggy and the other instructors are working hard to come up with protocols and schedules to get people back into the studio until the end of August and help clients set up good home programs. I must thank all the instructors, especially Peggy and Betty, for allowing the studio to function for all these years. Without their dedication, the studio would not have lasted for the 25 years.

I thank you for your years of dedication to the Kelowna Pilates Studio and wish you all the best in your continued Pilates journey.

Shari