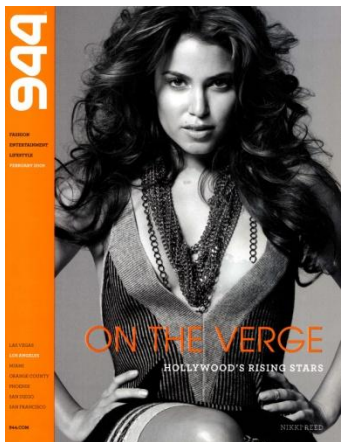


OUTLET: 944
 DATE: FEBRUARY 2009
 CIRCULATION: 50,000 MONTHLY
 IMPRESSIONS: 200,000



944'S CHOICE

STUDIO SOMA

630 N. La Cienega Blvd., West Hollywood

Thalia Thomas had been teaching dance and Pilates since she was a teenager, and her growing clientele list led her to create Studio Soma as a way to reach the largest number of people without sacrificing personal attention. Achieving a healthy blend of strength, flexibility, balance and control is Thalia's goal for each client's soma, the Greek word for "body." Before recommending a fitness regimen or attending a class, each client of Studio Soma receives an individual evaluation, thus providing a very personalized experience, for which Studio Soma prides itself. With trainers certified in everything from Pilates and pole dancing to children's fitness, Studio Soma offers a wide range of classes in group, semi-private or private settings. The cost is \$120 for a series of 10 classes.



310.289.9043 | www.studiosoma.com

by SHELBY DEE

