From: Martin, Christine Sent: 3/13/2014 10:21:39 AM To: TTAB EFiling CC: Subject: U.S. TRADEMARK APPLICATION NO. 85808451 - SOMA SYSTEM - N/A - Request for Reconsideration Denied - Return to TTAB - Message 2 of 5 Attachment Information: Count: 4

Files: 4-1.jpg, 4-2.jpg, 7-1.jpg, 7-2.jpg



Indoor Cycling Core Workout Boxing TRX® Suspension Training®

BROWSE BY MIND/BOD'
Foam Roll Release
Yoga
Pilates
Vinyasa Yoga
Hatha Yoga
Prenatal Yoga
Hot Yoga

cylinder shaped foam rollers are made of varying densities, which can be used to vary the pressure applied. In SF foam rolling classes, you will learn a variety of different ways to use the foam roller. You will practice rolling it over your muscles slowly, stopping and holding on sore trigger points until the tension is released, usually in about 30 to 60 seconds. Applying sustained pressure with a foam roller can release tension in the muscles and tissues, and minimize constriction. Myofascial release in SF foam roll classes also restores heart rate and blood pressure levels after an intense workout.

Some of the areas of the body that foam rolling is especially effective for include:

Upper Back – foam rolling alleviates tension in the muscles in between the shoulder blades and base of the neck, which are a common area of trigger point soreness for many people.

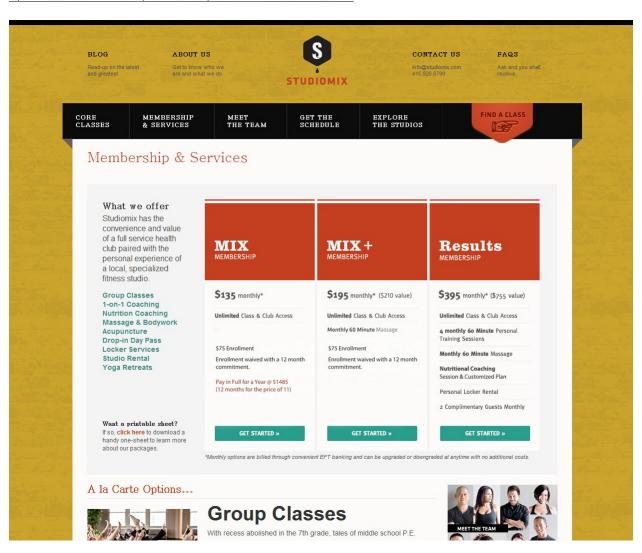
Hips – foam rolling of the hip flexors, as well as the piriformis muscle (a deep muscle in the back of the hip), is helpful for many students in a San Francisco foam roll class.

Legs – loosening up tight muscles, expanding the range of motion, and increasing flexibility are some of the benefits of foam rolling for the legs. Illottolal Band (IT Band) – the connective tissue that runs along the outside of the leg, from the hip to the knee. This is an important area to focus on with SF foam rolling, because the Illottolal (IT) band is too tight, it pulls on the surrounding muscles, which can lead to muscular imbalances.

San Francisco foam roll classes are also great for the hamstrings, neck, lats, quadriceps, trapezius, and other areas of the body. In addition to being used for myotascial release in SF, toam rollers can also be used for stability exercises. This involves using the roller as a platform for exercises that require core strength, such as squats. When practiced on a regular basis, San Francisco foam roll classes can also help reduce the risk of muscular injuries. SF foam rolling can help improve posture, and the overall well-being of muscles and joints. San Francisco foam roll classes are also beneficial before and after weight training, cardio exercises, or other types of workouts.

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horror, and the emotional trauma that ensues with most "non-dancers" at social get-togethers, Studiomix has created exercise experiences you'll actually look forward to. Count on a variety of fresh, challenging classes at levels, from novice to pro, to enrich San Francisco's physical culture: Barre, Boxing, Bootcamp, Cross Training, Dance, Studio Cycling, Martial Arts, Kettlebells, Pilates, TRX®, Yoga, and Zumba®, to name a few. At Studiomix, workout routines simply aren't routine.

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Personal training & private lessons at Studiomix are designed to take your practice to the next level. We're lifelong learners of movement, motivation, and progression. Our coaches bring an educated and balanced approach to your health & wellness goals to ensure you stay energized and get long term results. The individual attention is an excellent complement to our group classes, making all your workouts safe, efficient, and effective. We listen to what you want, lead you down a healthy path, and hold you accountable. Everyone needs a personal coach or two, and the investment will pay off in the gym and beyond.

1 Session-60 Minute \$80

\$390 (\$78 per session) \$750 (\$75 per session)

10 Sessions 25 Sessions 50 Sessions

Schedule a consultation »

\$1,750 (\$70 per session) \$3,250 (\$65 per session)

\$3,250 (\$65 per session)

GET IT

5 Sessions



Nutrition Coaching

At Studiomix our nutrition coaches work to understand your body's unique hormones, allergies, immune system, stressors... all of you, really. Together, we track your body as it responds to food, stress, and

