

Newsletter



“A man is as young as his spinal column”

Joseph Pilates fancied himself as a bit of a thinker and this is another one of his famous quotes. He quoted this decades ago and it might be interpreted as un-PC these days. Of course it applies to everyone!

For Joseph Pilates, the spine was the key to physical and emotional well-being. Neutral spine alignment is everything. “If your spine is stiff at 30 you are old”, he once said. “If it is flexible at 60, you are young”

If you recall, we covered Neutral Spine, Breathing and Centring in your very first class at Purely Pilates. It was also explained in your first hand-out. If anyone would like a fresh copy of the hand-out please contact Bill.

Speaking of whom, he asked me to thank you for the many good wishes after his sudden trip to A&E, closely followed by his significant birthday.

We have almost reached our first anniversary as Stowmarket residents and with Easter around the corner I am starting to get excited about my annual get together with Balanced Body staff at Pilates on Tour in London. I’ll be doing some further training for 2 days pre-conference, then helping out with the event organisation for a further 3 days.

One of my American colleagues is arriving a week earlier and coming to stay with us. She is totally and utterly hooked on the British Royal family and devours every piece of news she can find. She was distraught when Harry announced his engagement, having been convinced that she was the one for him, not Meghan. This is her first UK visit and I have promised her a tour of the Royal quarter in London prior to the conference. Bill and I did a dummy run a couple of weeks ago when we spent a weekend there.

I would also like to welcome Suzanne Hume to our team. Suzanne will be teaching Beginner classes on Fridays and Saturdays, starting on the next block.

Thank you again.

In this issue

- Page 1 -

Message from

Keeley

- Page 2 -

Next Block Timetable

Booking

New Beginner Classes

New Team Member

- Page 3 -

Pilates for Running



Keeley

Newsletter

Group Class Booking / Re-Booking

We will be handling re-booking during the last week of the block, week commencing 26th February. Priority will be given to those re-booking the same class time, but please don't wait and let us know as soon as possible so we can reserve your space. If spaces aren't re-booked by a certain time they will be offered to new bookings and / or anyone wishing to change class times. For new bookings, please also let us know as soon as possible so we can reserve your space.

Of course, if anyone who has attended the current block feels they would benefit from repeating the same level they can book a suitable class. Talk to Keeley if you are unsure.

Exceptions (No class dates)

Monday* No Classes Easter Monday, 2nd April
 Friday** No classes Good Friday 30th March
 Saturday*** No Classes 24th March & 14th April

New Beginner Classes / New Team Member

We are pleased to be offering three new Beginner classes this coming block, all in the morning on Fridays and Saturdays. These classes will be run by Suzanne Hume. Suzanne is a Balanced Body Mat teacher, under Keeley's tutelage. She is a trained dancer and had a successful professional career working in many prestigious entertainment venues alongside numerous famous personalities. For the last 12 years, Suzanne has run the Suzanne Hume School of Dance, focussing on dance lessons for 2-12 year old children across mid-Suffolk. Some of you might know her already through your children.

One-to-One and Small Group Sessions

These sessions continue to run Monday through Thursday afternoons at 12:45 and 2:00. Wednesday mornings are also set aside for these sessions. We are finding it increasingly difficult to be able to fit in new bookings. If you are on the waiting list please be patient. For those of you who are attending these more personalised sessions as an introduction to Pilates and/or to build confidence, you can switch to a group class anytime. Talk to Keeley if you would like to do this.

6-week block starting 5th March 2018	Mornings		Evenings	
	9:15	10:30	6:15	7:30
Monday *			INT	B+
Tuesday	INT	B+	INT	INT
Wednesday			INT	INT
Thursday	INT	INT	INT	INT
	10:00	11:15		
Friday **	B			
Saturday ***	B	B		

B = Beginner Completed 0 classes
B+ = Completed 6+ classes
INT = Completed 18+ classes

Newsletter

Pilates for Running

Run faster and farther with less chance of injury.

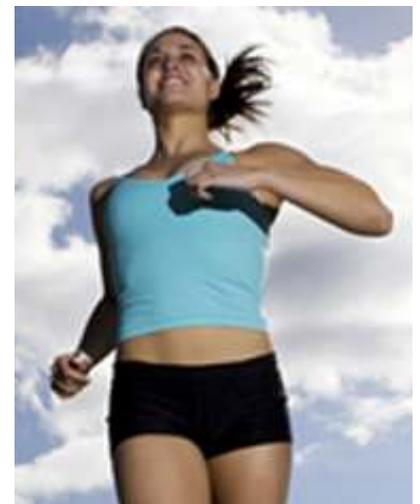
Whether you are a competitive runner or weekend jogger trying to shed a few pounds, there is no doubt that running is an easy way to keep in great cardiovascular shape. But your body can take a beating. This is especially true if it develops asymmetries.

Body asymmetries develop because of poor body mechanics, causing certain muscles to become overused (common in runners), while other muscles become underused. This can result in a variety of issues from lower back pain to hip and knee problems. It can also lead to a wide variety of tears, strains and pulls.

Pilates exercises create a stronger, more flexible spine and core, and also promote faster recovery from strains or injuries. For a runner, posture is one of the key ingredients to success; and posture is very dependent on a strong core. Pilates develops a strong core by supporting and strengthening the muscles of the torso, hips shoulders and pelvis. These lead to a positive difference in your posture, technique, balance and stability. It enables you to focus on where your head and neck are in relation to the spine and pelvis, on down through the legs and toes. This all adds up to more efficient movement and less chance of injury.

Pilates exercises will:

- Build up the back muscles evenly
- Elongate and align the spine for better stability
- Expand the diaphragm
- Increase overall flexibility, strength, and balance
- Increase range of motion in hips and shoulders
- Enhance concentration through focussed breathing
- Provide more upright running
- Help bodies recover faster from injuries



Performance Benefits. A stronger and more stable core helps a runner:

- Run more efficiently uphill with a stabilized musculature
- Run more efficiently downhill with a stronger and more balanced sciatic area
- Experience less tightening of the neck, head and shoulders
- Increase oxygenation and stamina with a diaphragm that is able to fully expand
- Focus on proper movement with better kinaesthetic (physical) awareness
- Decrease fatigue because of less strain on the body
- Shave seconds off your times because you move more efficiently
- Run without pain!