

Newsletter

2019

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Happy New Year

I hope you all had a great time over the Festive Period. We certainly did! I was grateful for the time off and being able to relax. The extra chocolate was great. A few extra bottles of vino were good as well. But it is time to get back to normal and work off those excesses.

We are pleased that Karyn has settled in well at the studio and many of you have gotten to know her already. While we both teach the same form of Pilates you will notice our teaching styles are different with Karyn being a tad gentler and calmer. However, she assures us that when she gets to know you all better, her inner Sergeant Major will emerge!

We have added a number of extra classes on the next block schedule. These are mainly times that we haven't run classes before. Karyn will teach these classes and will be introducing Pilates Barre for a more energetic work-out. We are also trying a Barre Express class on Friday lunch-times, for those who can't commit to a full 1 hour class.

We will continue to mix Mat and Reformer in the forthcoming block of classes. The ratio of Reformer classes will increase slightly and our intention is that by the following block (end February) we will schedule specific Mat & Reformer classes. Meanwhile, Karyn's new classes will run as a mixed Mat / Reformer combination (aka the Cali Combo). Something I might introduce as well.

You will notice on the next page we have revised our class levels and now call them Level n. There's no great science behind this. Its mostly to do with Bill redeveloping our website. He says that 'L0' takes up less room in a table than 'Beginner'. If you say so my dear!

Anyone made any New Year resolutions? Mine is to become even more of an Anatomy geek! I bought myself a few more books for Christmas.

As ever, thank you.

Keeley



Newsletter



Group Class Booking / Re-Booking

The next block of classes starts week commencing 14th January and we are now open for booking. New class levels:

- L0 = Beginner
- L1 = Beginner Plus
- L2 = Intermediate
- L3 = Intermediate Plus
- L4 = Advanced
- Barre = Barre
- Express = 45 min Barre Class

New Classes in **BOLD**.

6-week block starting 14th January 2019	Mornings		Afternoons		Evenings	
	Monday	10:00 Barre	11:15 L0			6:15 L3
Tuesday	9:15 L3	10:30 L2	3:45 L0	5:00 Barre	6:15 L1	7:30 L2
Wednesday					6:15 L1	7:30 L2
Thursday	9:15 L2	10:30 L3	3:45 L0	5:00 Barre	6:15 L2	7:30 L3
Friday		10:30 L2	12:45 Express		6:15 L2	
Saturday						

Saturday Classes

We plan to increase the number of Pilates Teacher Training courses we run. These take place at weekends meaning we can't run Saturdays classes when a training event is on. For this coming block of classes, four of the weekends have courses running. Therefore, we can only run classes for two out of the six weeks. Those who regularly attend Saturday classes will already have been informed and offered alternative spaces. For the two weekends that are available for classes we intend to run mixed-ability drop-in classes.

One-to-One and Small Groups

With two Master Instructors we have the opportunity to run two sessions simultaneously. The studio is large enough for this and there are well defined front / back areas. We will install a screen to the back area for added privacy. If any current client feels uncomfortable with this approach please talk with Keeley.

Newsletters

We are moving away from downloadable PDF newsletters to a Blog format. This might be our last newsletter in the current format. You will still be able to read our news articles at the click (tap) of a button, but in a different way. You will be able to interact if you want by posting comments or questions against an article. The Blog is live on our website and can be accessed by clicking the icon (see below) at the bottom of each web page. We have loaded up some old newsletter articles.



Newsletter

Barre Classes

Barre classes mix elements of Pilates, dance and functional training. The moves are choreographed to motivating music. In each energising and targeted workout, you will use the Barre, plus exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

Barre fitness is ideal if you're just getting into exercise. The classes will improve your balance, build strength, make you more flexible, burn calories and improve stability through a stronger core. As you get more comfortable and fitter, you can increase the intensity by adding extra weights and more challenging moves.

Can you lose weight from Barre classes?

Yes. Barre is a challenging whole body workout designed to strengthen and tone all muscles of the body. It increases muscle tone, stimulates your metabolism and enhances body awareness—all factors in weight loss.

Is Barre good for Toning?

Barre will help you build and strengthen your muscles, improve your core strength & posture and give your body a lean and toned look. Unlike regular Pilates, Barre incorporates aerobics into each workout to strengthen your cardiovascular system and help you burn more calories.

What do I wear / bring to a Barre Class?

- Something to tie your hair if it is long
- Normal top / bottom, but no shorts
- A sports bra if you don't want to jiggle
- Sticky Socks
- Water Bottle

