

Newsletter



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“In 10 sessions you’ll feel the difference, in 20 you’ll see the difference, and in 30 you’ll have a whole new body”

Joseph Pilates is well known for his quotes and this is one of his most popular. As an Instructor, I take this quote as a directive from Big Boss Pilates and I am keen to ensure my teaching is meeting my job spec. At the time of publishing this newsletter, most class attendees and personal clients will be in the 6-12 class / session range. I sincerely hope that you are all starting to ‘feel the difference’ that Pilates can bring.

As we approach the end of the second block of classes I am encouraged that you all now ‘get’ Pilates. I know it takes commitment on your part. You have to travel to the studio, walk or find somewhere to park, maybe arrange a child minder, maybe dash home from work, etc. Not helped by the cold and damp weather that is upon us! My commitment to you is that I will always offer variety and progression and treat you as individuals, especially where there is a specific issue that needs to be addressed or avoided. Feel free to contact me about anything.

On the next block of classes we are running 3 different levels of classes: Beginners (new clients), Beginners Plus (those graduating from Beginners) and Intermediate (those graduating from Beginners Plus). This requires some class time re-shuffling to allow for new Beginners classes. We have tried to keep the re-scheduling to a minimum and those affected have been informed already.

We will be closed for a week and a half over the festive period, from Friday 22nd December and re-opening on Wednesday 3rd January. Also, we will be closed for the entire week commencing 4th December while I am on a training course in Venice (someone has to do it). The calendar on the next page explains the next block schedule more clearly.

Thank you again.

Keeley



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Note: Mondays & Tuesdays/ 5 class block Wednesdays & Thursdays / 6 class block	Mornings		Evenings	
	9:15	10:30	6:15	7:30
Mondays: starting 27th November—ending 15th January 5-class Block - no classes 4th December, 25th December & 1st January			INT £47.50	B £47.50
Tuesdays: starting 28th November—ending 16th January 5-class Block - no classes 5th December, 26th December & 2nd January	INT £47.50	B £47.50	INT £47.50	B+ £47.50
Wednesdays: starting 29th November—ending 17th January 6-class Block - no classes 6th December & 27th December	B+ £57.00	B £57.00	INT £57.00	B+ £57.00
Thursdays: starting 30th November—ending 18th January 6-class Block - no classes 7th December & 28th December	B+ £57.00	INT £57.00	B+ £57.00	INT £57.00

Group Class Booking / Re-Booking

B = Beginner **B+** = Beginner Plus **INT** = Intermediate

We will be handling re-booking during the last week of the block, week commencing 20th November. 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 Beginners or Beginners Plus, they can book a suitable class. Talk to Keeley if you are unsure.

Online Payment

Pay Now buttons are live on our website for your convenience. Click on the button next to the class you are booking and you will be taken to a 3-D secure payment gateway hosted by Retail Merchant Services. If you enter your email address at the end of the payment process you will be emailed a receipt.

One-to-One and Small Group Sessions

These sessions continue to run Monday through Thursday afternoons, and Fridays & Saturdays with more flexible timings.

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Balanced Body Barre®

Barre is the perfect complement to Pilates training, adding standing exercises, balance, rhythm and fun to the movement principles that form the foundation of every Pilates class. Balanced Body Barre is a high energy, music driven workout designed to create a beautiful and functional body, with an emphasis on alignment, posture and self awareness,



Coming to Purely Pilates in 2018

During week commencing 4th December, Keeley is off to Venice to attend a Balanced Body Barre training course. Completion of the course will authorise Purely Pilates to run Barre classes. We haven't planned any specific Barre classes yet, but they are likely to come in two forms: 1) Barre work interwoven into Mat classes; and 2) Barre only classes. Barre only classes will be high energy and likely to be run on Saturday mornings.

Pilates for Office Workers and Desk Jockeys

Bad posture and repetitive strain are known to be two of the main causes of back pain and muscle tension in the workplace. Jobs which involve sitting in the same position for long periods and using a keyboard or mouse repetitively can lead to aching or painful muscles in the shoulders, neck, back, wrists and hands. Incorrect posture whilst using a keyboard or writing can also lead to shortened pectoral muscles.

Pilates focuses on awareness of the neutral spine, lateral breathing and core stability. Regular classes will increase your awareness of your body and achieve a balanced body which is strong and supple, a flatter stomach, increased flexibility with a strong back and core.

Specific stretching and strengthening exercises improve your posture, helping to re-educate your body's postural muscles. These simple but effective exercises help alleviate aches and pains that often result from poor posture or repetitive loading, equipping you with techniques you can use in the office on a daily basis.

Tips:

- Avoid cradling the phone in your neck.
- Keep your neutral spine; you may need a lumbar roll or wedge to help keep you in neutral.
- Take regular breaks from sitting; your spine is constantly compressed whilst you seated so ensure you take time to release the pressure.
- Don't slouch in your chair! Keep your spine long, shoulder blades down and neck released.