

# Newsletter



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The Pilates Reformer



## **REFORM** *noun: improvement, betterment, refinement, .....*

To say that I am a happy bunny is a bit of an under-statement. With the arrival of four more Reformers, it means we can now run group Reformer classes of up to eight people. This has been my aim for quite a while.

Most of you have already had an opportunity to try Reformer classes and the feedback has been very positive and enthusiastic. There are a few who have been less enthusiastic and slightly reticent about Reformer classes. We are taking all feedback on board.

We are not stopping Mat classes. These are essential for Beginners to get to know and understand the principles of Pilates and master the basic exercises. Mat classes will also continue for those with more experience who simply prefer this type of class.

What we have started to do, and will continue to do over the next two blocks of classes, is alternate Mat and Reformer classes on a weekly basis so that everyone gets to experience and understand the difference between them. Looking further ahead, our aim is to schedule specific Mat and Reformer classes. Thanks for completing the recent survey on the subject and please continue to let us know your thoughts.

As I have said a number of times, Pilates world-wide is nearly all about Reformers and other apparatus. Whereas in the UK it is mostly about the Mat. There are a few studios in the UK that offer Reformer classes but nearly all are in large cities. The trend is also to charge a hefty premium for Reformer classes. I know that some fear we will follow suit with pricing, but let me assure you that we will not. When we start scheduling specific Reformer classes there will be a slight increase, but as previously stated, the increase will be modest.

I've summarised the difference between Mat & Reformer Pilates on page 3. Hope this helps. Thank you.

*Keeley*

# Newsletter

## Group Class Booking / Re-Booking

The next block of classes starts week commencing 15th October and we are open for booking.

Priority is 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.

### \*Exceptions (No class dates)

Saturday 20th October. Studio pre-booked for a training course. Saturday classes will start on 27th October.

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

**B** = Beginner Completed 0 classes  
**B+** = Completed 6+ classes  
**INT** = Completed 24+ classes

## Class Change

The Wednesday 6:15pm class has been reserved for new Beginners. Those of you attending this class time will already have been informed and chosen another class. Please bear this change in mind if you occasionally use Wednesday 6:15pm as a temporary swap class.

## New Beginner Classes

There are two new Beginner classes on Wednesdays at 6:15pm and Fridays at 9:15am. There is a lot of demand for new Beginner classes and we will accept bookings on a first-come basis. Booking will close as soon as the classes are full.

## Studio Layout

We hope you like the new layout. It is relatively easy for us to push/pull some of the Reformers out of the way for Mat classes and vice versa. We believe that opening up the front part of the studio has made a difference and has given more space for Mat classes. If only that awkward pillar wasn't there ... but on the other hand the building would fall down if it wasn't!

## Keeping you Warm

It was a struggle keeping the studio warm enough during last winter's cold snap. Our electric panel radiators are not very good at heating such an open space in an old building. Fan heaters are much more effective so we have added another two, plus smart plugs to control each one. We are using the interweb to control the heaters remotely, e.g. turning them on earlier in the morning before we leave home. The studio should be warmer this winter, but let's hope it won't be as cold outdoors as last year.

# Newsletter

## The Pilates Reformer

The Pilates Reformer was originally designed by Joseph Pilates while he was in a WW1 internment camp, to help rehabilitate immobilised soldiers. The modern reformer is a narrow bed with a sliding carriage, springs, straps and pulleys. Many people are scared of the reformer when they first see it as it looks quite intimidating. Put any fears aside because after just one or two workouts on a Reformer you realise it is a very versatile and highly effective piece of exercise equipment ... and not as scary as it looks.



Working against resistance is essential to Pilates. On the Mat, your own body weight creates resistance. On the Reformer, pulleys and springs create resistance. Resistance is adjusted by adding or removing springs. Strong springs can be added to build strength in the bigger muscle groups, or weaker springs can be used to challenge the stabilising muscles. This means that the intensity can be varied from one person to the next taking part in the same class, making it a very versatile piece of equipment.

The repertoire of Reformer exercises is greater than Mat and provides more variety. You can perform very basic to highly advanced movements in virtually any position on the Reformer. It can also provide a more challenging strength and endurance workout than Mat classes, leading to quicker results. The Reformer is great for rehab purposes as well, as it allows you to exercise in a horizontal plane of motion and not be vertically loaded and weight bearing through your legs.

Reformer Pilates can be for anyone, no matter your age. Reformer Pilates is a great form of strength, postural, flexibility, balance and endurance training and can be designed to target one specific area, smaller muscle groups, or as a whole body muscular exercise.

### Some Examples Exercises

#### *Beginning*



#### *Intermediate*



#### *Advanced*

