

Newsletter 2

Hi Everyone

The term is coming to an end and I'd like to commend the many students I have who are committed to their practice. Improvements are usually subtle changes that add control and precision to your Pilates and may even go unnoticed by you but add to the bigger picture that I see.

Pilates is a proven system and I'd like to encourage you to keep the principles of Pilates in mind, they are **control, centering, concentration, precision, breath and flow of movement.** When added to your regular practice they serve to extend the exercise and challenge the body and mind.

Term 3 Dates and Fees

- The studio will take a short break over the July school holidays
 - If you would like to re-enroll for term 3 please advise me either in person, by email, phone or txt so I can guarantee your place, and also so that I know how many spaces are available for new students wishing to enroll.
 - Term 3 is 10 weeks long and commences Monday 19th July until Friday 24th **September.**
 - Fees - The term fee is \$100** payable at the beginning of term.
 - Casual classes are \$15 and subject to space availability. **Please advise if you wish to attend a class other than the one you are enrolled in, as spaces are limited.**
 - Monday Stretch Class 7.30pm in Studio 2 is an open class and numbers are not limited, If you happen to miss your class through illness or other circumstance you are welcome to attend the Stretch class to make it up. Please bring your own mat and blanket.
- Thank you for letting me know if you are unable to make your class. It helps me to allocate casual spaces that are available on the day.

**QUOTE FOR THE TERM – “to neglect one’s body for any other advantage in life
Is the greatest of follies”**

****The winner of our Term 2 free fees draw was Nancy Malcolm. Thank you for your early enrolment and prompt payment Nancy**** Joseph Pilates

House keeping – Gentlemen please be mindful of ladies changing in the changing room. Please wait for the room to be vacated or you may use the bathroom or kitchen area instead. Many thanks.

I am doing my best to warm the studios through these winter months, but recommend layering thermals/merinos and adding socks, as the body cools rapidly when in rest.

*** * NEW INTRO CLASS * ***

I will be starting a new intro class on Fridays at 11am-12pm in term 3 subject to enrolments. If you know of anyone who may be interested in starting Pilates please let them know. My best form of advertising is your word of mouth ☺

INTRO COURSES

Intro courses are a great way to start your Pilates training and get to grips with the fundamentals of Pilates. I teach the following courses -

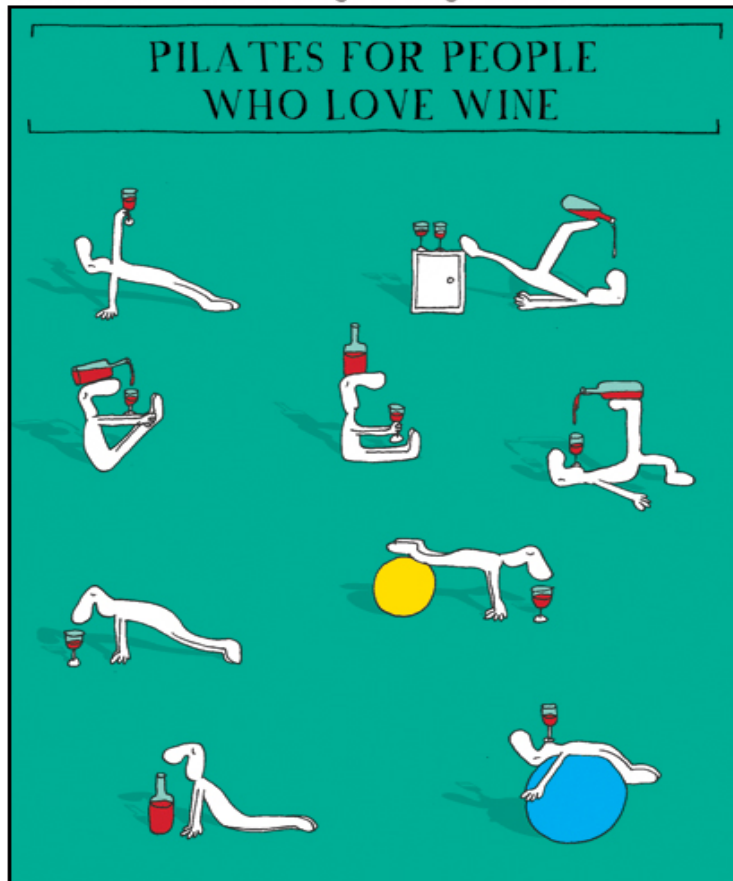
VICTORY COMMUNITY CENTRE Intro to Pilates course, Monday 5.30pm

Contact Gareth Cashin 548-4779

EQUILIBRIUM CHIROPRACTIC Intro to Pilates course, Monday lunchtimes

Ph 548-0082

HAROLD'S PLANET by Swerling and Lazar



Thanks to Phil Kirk for sending me this little chuckle!

I look forward to seeing you back after the school holidays 😊