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April 2011

FROM THE STUDIO!

Well here we are again, Easter time is upon us! Where is 2011 going?

I have been asked to run some classes in the Easter week, so contained in this newsletter is a timetable covering Monday to Thursday before Easter Friday. I am offering two classes over this period for just £10. Booking is essential, so please email or text me if you require a place.

Classes are non-payable for members.

The April/May timetable kicks off on **Tuesday** April 26th and will run as a five-week block at £37.50. Due to the new financial year and studio costs rising, I have had to increase the Pilates/Body Alive/Balls/Stretch and Yoga classes to £7.50 a session if paying for the block. All other classes are £6.50 a session.

Easter Timetable

Offer: £7 a class or £10 for 2 classes

	Monday 18 th	Tuesday 19 th	Wednesday 20 th	Thursday 21 st
9:45	Pilates Mixed Ability	Body Alive	Pilates Mixed Ability	Body Alive
5:45	Functional Pilates	Pilates: Mixed Ability	Fat Busters Circuits	Body Alive
7:00	Conditioning On the Ball	Body Alive	Spinning	Pilates Mixed Ability

5-Week Block Timetable: Tuesday April 26th - Sunday May 29th

(4-week block for Monday classes as no class on Easter Monday)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15						Spinning 45 mins	
9:15						Spinning 45 mins	
9:45	Pilates: Mixed Ability	Body Alive	Pilates on the Ball	Stretch & Chill	Pilates: Mixed Ability	Bellydance 10.15 am	Taster Classes! 10am
11:00	Spinning 45 mins	Pilates: Mixed Ability	Hatha Yoga				
5:30	Pilates: Mixed Ability	Pilates: Mixed Ability	Fat busters Circuits	Body Alive	Buns of Steel, Abs of Iron		
6:40	Pilates: RAW	Body Alive	Pilates: Mixed Ability	Pilates: Mixed Ability			
7:50	Pilates: Mixed Ability	Pilates: Mixed Ability	Pilates: Beginners Plus	Spinning 8pm 45 mins			

Sunday Taster Classes:

Sunday 1st Body Conditioning	Sunday 22nd Functional Pilates
Sunday 8th Conditioning on the ball	Sunday 29th No class
Sunday 15th Body Alive	

Bellydance Classes

Back by popular demand, Sarah will be teaching Bellydance from 10.15 to 11.15 am on Saturday April 30th Saturday May 7th and 14th.

This short block will focus finishing and polishing the steps and technique in the current choreography, so book early to secure your place. Classes will be £22.50 for the 3 sessions, or included for members.

For those wanting to learn Bellydance but have little or no experience, there will be an Introduction to Bellydance workshop coming soon.

EAT MORE, MOVE MORE!

Without teaching any one to suck eggs - did you know that if you moved more, you could eat more?

Have a look at the example below:

A 45 year old female who weights 9st 7ibs and is 5ft 2 inches tall.
BMR (basal metabolic rate) = 1567 kcal per day if she does little or no exercise or has desk job. **If the subject consumes 1567 kcal per day she will maintain her weight.**

- If the subject participates in light exercise 1-3 days per week (eg, Body Alive or Pilates) she can consume an extra 228 calories per day in addition to the 1567 kcal.
- If the subject participates in moderate exercise 1-3 days per week (circuits, spinning, body conditioning, power walking) she can consume an extra 457 calories per day!!!!

So you can see that by "Moving More" you really can "Eat More" without gaining any additional weight. We do have to be sensible; if you use your extra calories to eat chocolate cake and cream it is likely that you will gain weight! However, if you are adding nutritional snacks to your daily meals this is totally fine as you will be using the additional calories.

The equation used to calculate BMR is very accurate, however if you are extremely muscular it will underestimate calorific needs and if you are extremely overweight it will overestimate calorific needs.

But what if I want to lose weight?

Creating an Energy Deficit

A common approach to reducing body fat is to establish a negative energy balance. Research indicates that if the energy deficit is too great then body fat is more likely to return, possibly to an even greater level. A priority for an effective weight management program is to lose body fat, whilst retaining as much lean mass as possible thereby minimizing the fall in metabolic rate. A steady weight loss of ½ to 1lb per week, ideally from body fat, is therefore recommended.

Creating a 500 KCal deficit per day:
500 Kcal deficit 7 days a week
= 3500 KC = almost 1lb (0.45k)

- **Diet restriction alone:** Reduce dietary intake by 500 kcal per day
- **Exercise intervention alone:** Increase exercise/activity by 500 kcal per day
- **Exercise and dietary restriction combined:** Increase exercise/activity by 250 kcal and reduce dietary intake by 250 kcal

It is very clear to see that the best way to lose weight is to reduce the number of calories you eat whilst at the same time increasing your activity levels. This wouldn't necessarily mean eating a lot less (more a case of what you eat as opposed to how much you eat).

One Body Alive class would burn a minimum of 250 kcals. If you combine this with power walking, one of Dave's spinning classes and some body conditioning you are well on your way to sustained weight loss.

Why not book into Tuesday's Body Alive at 6.40pm, Wednesday's Circuits at 5.30pm, Thursday's Body Alive at 5.30pm, Friday's Body Conditioning at 5.30pm or even Sunday's 10am sessions where each week is different!

Are you having difficulty losing weight, wishing to alter your body shape or size or maybe you would just like more energy!

Then please welcome Claire Hall to the Studio as our new female Personal Trainer.

Claire already teaches Pilates classes in the community for the studio but as you can see from her qualifications, she is highly qualified to offer Personal Training sessions and help you meet the above goals. With Claire you get the added benefit of her nutritional expertise.

- Advanced Personal Trainer Level 3
- Nutrition Level 3
- Pilates level 3 training
- Circuit training
- Body massage/Sports massage therapy
- Studio Cycling (levels 1 and 2)
- Shokk gym instruction for adolescents

Claire is available for personal or group training between the hours of:

- Mondays 5pm-8pm
- Tuesdays and Wednesdays 12-6pm
- Fridays 4:30-7:30pm
- Saturdays by prior arrangement

If you wish to have a female Personal Trainer who will help you to lose weight and tone up, Claire will offer out sessions at just £20 an hour.

If there are two of you, this will equate to £10 each.

Dave is also still available for Personal Training but has slightly less time due to his popularity.

Please contact Donna or Dave to book sessions with Claire or go through Dave's website at www.davidwoodpt.com. You won't regret it, and all you will lose is weight/fat or true to my Pilates terminology 'Adipose Tissue'!

STUDIO INFORMATION

HOMEOPATHY FOR HORMONAL HAVOC

'Homeopathy is a safe and gentle form of complimentary medicine.'

Sunday 1st May 2011, 2-4pm

Jayne Bateman, who will be qualifying as a homeopath in July this year, will be showing you how homeopathy can help with women's hormonal issues including PMS, menopause and weight control.

Please bring your symptoms along with your sense of fun!

£5 charge, which is redeemable against an appointment, booked in July or August 2011. Tea/Coffee/biscuits provided.

To book, please contact Sarah: pilatessouthwest@gmail.com

MIND/BODY DAY

Does your body need time to chill, your mind need time for stimulation and your taste buds need time to experience a delicious home made lunch.

(For those of you that didn't know Cathie's previous role was a chef!)

If the answer is YES, join Cathie, Claire and I in the studio on Friday June 1st 2011 from 10-3.30 for the following:

10:15 - 11:15 Standing Functional Pilates
11:30 - 12:30 Nutrition and helpful tips for weight loss.
12:45 - 1:45 Lunch (home baked)
14:00 - 14:45 Guided Relaxation
15:00 - 15:30 Tea and cake

12 places are available
£38.00 per person.

Our Community Classes continue to thrive.
These classes run as follows:

Tuesdays

Cotford St Luke School Hall 7:15 - 8:15pm

Wednesdays

Beech Grove School in Wellington 7:15 - 8:15pm

Thursdays

Nynhead Village Hall 7:15 - 8:15pm

New 5-week block starts from Tuesday April 26th 2011.

PASSIONATE ABOUT PILATES?

Then become a successful Pilates Instructor with The Studio, 'a centre of excellence', and soon to be 'respected training organisation.'

After many years of working for one of the UK's leading training organisations, The Studio is now in a position to offer this nationally recognised Level 3 Diploma Course in Instructing Mat Pilates.

This course is accredited by Active IQ and enables you to gain the highest award possible.

You will also receive entry to REPS (Register of Exercise Professionals) as a qualified Pilates instructor.

All courses are recognised by REPS for continuing professional development.

Visit www.donnanoll.co.uk for further details.

Foot Notes:

Polite Notice.

Please let me know ASAP if you are unable to make a class. I will be unable to help swap classes for you if this happens.

Thank you for your co-operation.

Visit our website and check it regularly for updates, such class cancellations due to bad weather or timetable changes.

www.donnanoll.co.uk