

APRIL 2010

NEWSLETTER

Inside this issue:

- Timetable April 12th- May 30th
- Intro to Bellydance workshop
- Studio info
- Postural Assessments

FROM THE STUDIO!

The clocks have gone forward and it's lighter in the evenings; how fabulous is that!

Yet again, thank you all for your commitment to the studio and the classes you choose to participate in. We at the studio are very passionate about what we do and you make our work so enjoyable.

Below is our new timetable, which runs from Monday 12th April to Sunday 30th May. Please take a close look, as there have been a few changes, which are detailed on page 2. All Pilates, Yoga and Body Alive courses will run for 7 weeks. The Bellydance course runs for 6 weeks from Saturday 24th April – Saturday 29th May. Also, the next 'Introduction to Belly Dance' has been planned for April 17th, 10-11:30am.

Bookings are now being taken for these 7-week courses, so please book with payment before Monday 5th April to secure your place. Bookings after this date cannot be guaranteed.

Descriptions of the classes are on the studio website: www.donnanoll.co.uk

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:30		Pilates - Mixed Ability					
09:45	Pilates: Mixed Ability	Body Alive	Yoga	Body Alive	Pilates: Mixed Ability	Bellydance 10am	Aerobics 10am
11:00	Pilates: Mixed Ability	Older Adult or Rehab Pilates 11.30	Pilates: Beginners		Balls To Exercise		
1.00		Pilates on the Ball					
17:30	Pilates: Mixed Ability	Pilates: Mixed Ability	Body Pump	Aerobics	Buns of Steel, Abs of Iron		
18:45	Pilates: Intermediate-Advanced	Hatha Yoga Starts 6:35pm	Pilates: Intermediate-Advanced	Pilates: Mixed Ability	Pilates: Mixed Ability		
20:00	Aerobics	Pilates: Starts 7:45pm	Pilates: Mixed Ability	Pilates: Beginners			

Time Table Changes

Balls to Exercise

Due to many requests, a new stability ball class will start on Fridays at 11am, replacing the Body Alive class. This class is another way of strengthening the deep stabilising muscles of the core as we do in Pilates, but also a very effective way of strengthening and toning the more superficial muscles such as your six pack and butt!

Also, a lunchtime class of Pilates on the Ball will run for 7 weeks on Tuesdays at 1pm.

These classes will run as a 7-week block, so please book early to secure your place as a maximum of 12 people will be offered a place.

Yoga

A new daytime Yoga class will be starting on Wednesday April 14th and will run as a 7-week course. If this class is well attended then it will remain on the timetable. The allocated time for this class will be 9.45am and the instructor is Cathie Pilgrim.

Pilates for the Older Adult or for Rehabilitation

This class has been developed for the older adult, or those in need of rehabilitation.

The older adult and/or rehabilitation class on a Tuesday at 11.30pm will provide gentle, rhythmic movements to increase mobility to the neck, shoulders, spine, hips and knees. It will also help to increase muscle strength, flexibility, aid relaxation as well as promote mental wellbeing.

I will look after the needs of participants who have Osteoporosis, Osteomalacia, Osteopenia, Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, hip and knee replacements, as well as other conditions.

All participants are provided with a chair and all exercises can be completed seated, standing or lying on the floor.

Please call to discuss your needs and to book, as class numbers are limited to 8.

Pilates Tutor Changes

Due to a change in my circumstances, Sarah and myself are swapping some Pilates classes. I will now be taking the Friday morning class at 9:45am and Sarah will take the Monday morning classes at 9:45 and 11am. Wendy will be swapping between classes, so that everyone gets the benefit from her expertise.

Belly Dancing

Sarah will be running an Introduction to Bellydance workshop on Saturday April 17th.

This runs from 10-11:30am and is for anyone who is new to Bellydance and really wants to try it out, or those who already dance and want to have fun going over the basic movements and putting them together in a very short choreography.

Please book early as whenever this workshop is run it fills up fast. The workshop is £10. For those of you that would like to continue with Bellydance having trialed it, Sarah's new course runs from April 24th to May 29th. This will run as a 6-week course and is £39.00.

Studio Information

Coffee/Tea Area

Please feel free to make yourself a coffee or tea if you want to after or before a class. You might need to whisper a little if there is a class going on in the studio, but please do. Tea or coffee is 50p and there are free biscuits in the fridge and biscuit jar.

Polite Notice

Please could I remind everyone that if you are unable to attend a booked session to cancel via text or email to me as soon as you can. Many participants of the studio who on occasion cannot make a particular class request to alter their regular class to another one later in the week. So far I have been able to accommodate most people, however, occasionally I have had to say no as the class they wish to attend is already considered full. Unfortunately upon my arrival at the class I have found that two or three people did not arrive resulting in some participants missing out on the opportunity to make up their missed class.

I really would like to offer this service of allowing people to make up missed classes within the paid-up block (classes cannot be carried over to the next block) but I need to know how many spaces are available in each class for this service to become workable.

I hope this will be ok for you all.

Monthly Membership

For those paying the £40 monthly membership, this is due again on Monday April 12th and will run until Sunday 9th May. To secure your place please pay the membership fee in advance by Monday April 5thth. After this date I will assume you have decided not to rejoin and offer your place to someone else. I have 4 more monthly memberships on offer due to the increased timetable. Sadly, I need to accept these on a first come first serve basis.

Those of you already on monthly memberships will notice a break for 12 days over Easter. The studio will be closed for some of it, hence the later start date.

The monthly membership entitles you to join in any classes and any amount of classes over that 4 week period. The only stipulation is that you book the classes for the whole four weeks in advance, so that I can secure your place in the class. If you need to miss a class then text or email me as soon as you can, so I can offer your place to someone else.

Studio T-shirts

I will soon be off to GAP in Bristol to purchase more T-shirts. They come in black, sizes S-M-L and cost £11.99. Please let me know if you would like one ordered by Monday 4th April.

Congratulations!

Big congratulations to Sarah and Roo who got engaged a few weekends ago. It is great news and all very exciting. Well done to you both!

Switch

Looking for a children's dance party or an adult's celebration party, then check out SWITCH. Web site www.switchdance.co.uk. Jools at Switch teaches routine based dances to children that want to "dance like they do on the T.V" and to adults that are looking for something a bit different and feel that they have a dancer somewhere deep inside. We don't spin round on heads or back flip but we do mix street dance moves with current music to create fun classes for everyone.

You can call it MTV dancing, you can call it backing dancing, you can call it street dance...but we call it Switch!

Switch uses our Studio in Staplegrove Road as a venue for these functions. If you are interested in a party, then do give them a call. Contact details on their website.

Booking forms

Below is a booking form for the next block of classes running from April 12th to May 30th.
Please return by April 5th, with a cheque to secure your place. I will leave some spare booking forms in the studio if you are unable to print this off. If you are able to print off the form, it is just page 4 of this newsletter that you need to print.

The Studio

**A CENTRE OF EXCELLENCE FOR PILATES, YOGA, PERSONAL TRAINING
AND OTHER SPECIALIST CLASSES**

7-week courses start week commencing April 12th to May 30th 2010

£45.50 = Pilates and Yoga, £42.00 Stability ball class

£39 = Belly dance (6weeks: April 24th to May 29th) Introduction to
Belly Dancing April 17th = £10.00

£35 all other classes

Name:..... Mobile Number:.....

Email Address (please write clearly):.....

DAY AND TIME OF CLASS OR CLASSES BEING BOOKED:

.....

.....

Please complete a booking form even if you hold a monthly membership, to ensure your space is saved.

Cheques made payable to 'Donna Noll'. Please return to:
Swiss Cottage, Linden Grove, Taunton TA1 1EF **by Monday April 5th** to secure your place. I may not be able to guarantee a place after this date.

www.donnanoll.co.uk

Posture Alignment Assessment

Last month I presented you with some information on a postural condition known as 'Lower Crossed Syndrome'.

Lower Crossed Syndrome is a postural deviation where one set of muscles in the lower body is short and tight. This has an effect on the opposing muscle groups which have to lengthen and weaken to allow this to happen. A consequence of this will mean a change in position of the associated joints, such as the spine, pelvis, knee, hip or ankle.

There is also a condition known as 'Upper Crossed Syndrome' which is a postural deviation of the upper body.

If you would like to have your posture assessed and be given a general overview of where your muscle imbalances lie then please contact me.

I offer assessments for £18 which includes taking a photograph of you from the front, back and side view. After developing and enlarging the photograph, I overlay with clear graph paper to give you a full view of which muscles are tight and which are over-lengthened.

After a discussion about the findings we can establish what is contributing to your posture type or alignment deviations.

Having this awareness usually heightens your consciousness about postural deviations and helps to correct them in quicker timescale.

Awareness may be enough, however if you would then like to follow up on what exercises would assist you in gaining more balance in your muscle groups, creating a more positive and aligned posture, I offer a personal one-to-one, one hour session at a further £25 where I will create a selection of exercises that will help with your personal posture type.

Please take a look at the white board on top of the stairs for further information.

Visit our website and check it regularly for updates, such as class timetable changes and cancellations of classes due to severe weather conditions.

www.donnanoll.co.uk