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December 2010

### FROM THE STUDIO!

Well here we are again, Christmas time is upon us! I love this time of year!

Traditionally at this time of year class numbers decrease dramatically, however so far this season, you have all stayed active with numbers increasing on this time last year by 32%!

I must say a huge thank you to all of you at the Studio for your energy and enthusiasm to continue to keep fit and healthy.

I have been asked to run some classes in between Christmas and New Year for those of you who want to get on the 'Fat Loss bandwagon' early, so contained in this newsletter is a timetable covering 3 days after Christmas. I am offering two classes over this period for just £10. Booking is essential, so please email me if you require a place.

The January timetable kicks off on Monday 3<sup>rd</sup> and will run as a seven week block at £49. For those of you that are interested in burning calories I have included a Body Alive class on a Thursday evening at 5:30pm. This class has a 30 mins calorie-burning section followed by a 30 mins upbeat Pilates-style floorwork section.

Also due to popular demand, Dave is running a Fat Busters Circuit class on Wednesdays at 5:30pm. This class has no choreography so is suitable for everyone, including those with two left feet!

If you want to lose weight as well as tone up, the classes for you are: 'Body Alive', 'Fat Busters Circuits', 'Buns of Steel, Abs of Iron', 'Spinning', 'Bellydance' and all Sunday morning classes. Booking required for all classes.

# Get rid of Christmas Calories before New Year arrives!

## Festive Timetable

**Offer: £7 a class OR £10 for 2 classes**

Book by asap with **payment & list** of the classes you have chosen.

	Tuesday 28th	Wednesday 29th	Thursday 30th
10:00	Body Alive	Spinning 3/4	Pilates: Mixed Ability
6.00	Pilates: Mixed Ability	Body Alive	Pilates: Mixed Ability
7.15	Body Alive	Pilates: Mixed Ability	SPINNING 3/4

## 7-Week Block Timetable: Monday Jan 3<sup>rd</sup> - Sunday Feb 20<sup>th</sup>

	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	Belly Dancing 10:15am	Taster Classes! 10am
11:00	Spinning 45 mins	Pilates: Mixed Ability	Hatha Yoga	Spinning 30 mins			Food Testing FEB 6 <sup>th</sup> 10-4
5:30	Pilates: Mixed Ability	Pilates: Mixed Ability	Fat busters Circuits	Body Alive	Buns of Steel, Abs of Iron		
6:40	Pilates: RAW	Hatha Yoga	Pilates: RAW	Pilates: Mixed Ability	Pilates: Mixed Ability (if enough bookings)		
7:50	Pilates: Mixed Ability	Pilates: Mixed Ability	Pilates: Mixed Ability	Pilates: Beginners			

### Sunday Taster Classes:

<b>Sunday 9<sup>th</sup> Jan - Body Alive</b>	<b>Sunday 30<sup>th</sup> Jan - Body Conditioning</b>
<b>Sunday 16<sup>th</sup> Jan - Balls to Exercise</b>	<b>Sunday 6<sup>th</sup> Feb - Raw Pilates</b>
<b>Sunday 23<sup>rd</sup> Jan - Fat Busters Circuits</b>	<b>Sunday 13<sup>th</sup> Feb - Body Alive</b>

**No class Sunday February 20<sup>th</sup> 2011**

## **Are you feeling bloated, tired and having difficulty in losing weight?**

Next Year on Sunday February 6<sup>th</sup> from 10am until 4pm, Gill will be coming to the studio to give Food Intolerance/Sensitivity testing in 1 hour sessions.

Gill has been involved in Food Intolerance testing for over 15 years in both Devon and Somerset.

Symptoms most commonly helped are Bloating, Constipation, Acid Indigestion, Skin Problems, Depression/Anxiety, Hayfever, Mood Swings, Mouth Ulcers, Nausea, Tiredness, Weight Gain/Loss and many many more.

The results of the test are personal and unique to the individual and will be discussed at length. Alternative foods with the same nutritional value will be advised, a new diet suggested, as well as a nutritional consultation given.

If you wish to book please contact Donna and pick up a leaflet from the studio. Appointments are £40 and last 1 hour, so Gill can therefore only take 6 bookings.

Bookings only accepted with a £10 deposit.

### **PERSONAL TRAINING:**

Between the hours of 6am – 9am and 12pm until 5pm, plus 10-8pm Sat and Sunday, Dave Personal Trains from the studio.

If you wish to have Personal Training and train with Dave at the studio within the above times, Dave will offer out sessions at just £20 an hour.

### **RUNNING CLUB:**

Next April is the Taunton half marathon again. If there is enough interest, Dave will be setting up a beginners running club starting in January with the objective of training people to complete the half marathon in April 2011.

If you are interested in Personal Training or in the Running Club, please contact Dave on: 07980 743 171. His website is [www.davidwoodpt.com](http://www.davidwoodpt.com)

## POEM

### SPINNING

When I joined Dave's spinning class  
I feared it would be tough.  
I thought I'd lose my balance  
Or my legs weren't strong enough.

But much to my surprise  
It really isn't hard.  
At the rate that I am going  
I'll soon shift the dreaded lard!

My legs are really pumping  
And I feel that I am flying  
Whoever said that this was tough  
Well, they were simply lying!

But wait a minute, something's wrong  
Donna's turned the lever to the right  
Now it feels quite different  
I have to push with all my might!

"We are almost half way there"  
Dave says with an evil grin.  
I know that when it's finished  
I'll need a double gin.

Will I come back next week?  
Yes of course I will.  
But this time it will feel harder  
When I'm cycling up that hill!

So if you are having doubts  
That spinning is for you  
Remember if **I** can do it  
Then you can do it too.

PS: I have never ridden a REAL bike in all of my life!!

Barbara Scott

## STUDIO INFORMATION

Some exciting news! In January the studio will be offering classes out in the community for those people that have a difficulty in getting into Taunton.

So far we have classes booked on:

Tuesdays

Cotford St Luke School Hall 6.30-7.30pm and 7.45-8.45pm  
Cheddon Fitzpaign village hall 7.15 – 8.15pm

Wednesdays

Beech Grove School in Wellington 7.15 -8.15pm

Thursdays

Nynhead Village Hall 6.30-7.30 and 7.45 – 8.45pm

These classes will be advertised in the Taunton Gazette and Wellington weekly over the coming weeks, as well as on my website.

Please pass the information around to anyone that you feel may benefit from classes in these areas.

## WEIGHT MANAGEMENT SESSIONS

Weight management sessions will run from the Studio in January and February. This programme will consist of 2 fat-burning cardio sessions a week, a weekly weigh-in at one of those sessions, individual discussions with Claire Hall on nutrition as well as how and what could work for you as an individual. Claire is qualified Level 3 Nutritionalist.

More details to follow in January, please register your interest with me if you feel this may assist you.

## OTHER NEWS

**Big congratulations to our Pilates and Bellydance teacher Sarah Hopwood who has now become Sarah Grey.**

**A big welcome to Claire Hall who has become part of the Studio tutor team and who will be running the community classes as well as teaching at the Studio.**

## **Foot Notes:**

### **Polite Notice:**

**There are still a number of members/clients that do not turn up for scheduled booked sessions without informing me of your absence. (You rascals know who you are!)**

**There is a real need on occasions to swap people around classes due to sickness or emergencies, however many a time I have had to say no to someone who needs to swap a class, only to find I could have easily have fitted them in as one or two people did not arrive.**

**Going forward, can I ask if you could let me know in advance (as soon as feasibly possible), if you are unable to make a session, so that the service I provide in helping people to make up missed classes can work for everyone.**

**I hope you understand and thank you in advance for your support.**

**All that is left to say is that we at the studio wish all of you a wonderful Christmas and New Year and look forward to seeing you in 2011. (If not before.)**

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

[www.donnanoll.co.uk](http://www.donnanoll.co.uk)