



Inside this issue:

- Half Term Oct timetable
- New Belly Dancing dates
- Zumba taster class
- Effectiveness of Sports Drinks Article
- Congratulations

October 2011: FROM THE STUDIO!

Hi Everyone,

I hope you are well and not too shocked that we have only 12 weeks left until Xmas! Please tell me where this year has gone?

Below is the half term week timetable and as usual the classes are included in memberships fees or if you pay for blocks of classes, you can choose to participate in 2 classes for just £10.00 or an individual class for £7.50.

Bookings with payment are required by Friday October 14th to secure a place. (Please email bookings, so I have a record to work from)

Members please let me also have your choices by this same date.

Special Offer

2 classes for £10 or £7.50 each (included for members)

Half Term Timetable: Monday Oct 24th- Sun Oct 30th 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00						Spinning 45 mins	
9:45	Mixed Ability Pilates	Stretch and Chill	Body Alive	Mixed Ability Pilates	Body Sculpt		10 am Raw Pilates
11:00	Spinning 45 mins						
5:30	Stretch and Chill	Mixed Ability Pilates	RAW Pilates	Body Sculpt			
6:40	Mixed Ability Pilates	Conditioning on the ball		7 pm Spinning 45 mins			

(The final seven-week timetable of 2011 will be sent out in week 7 of this present block)

Zumba

The Zumba class on Sunday Oct 16th at 10 am is now full!
Francesca is happy to teach a second class from 11.15 -12.15pm on this same date if anyone is interested.

£6.50 per class but included for those who pay a monthly membership.

Please book early for this class as I can see it filling quickly.

If (and I am sure it will be) Zumba is popular, it can go on the timetable for the last 7 weeks of the year.

Belly Dancing Workshops

October 8th, 10:15-11:45: Beginner's Belly dance Combos

This workshop is for anyone who is new to Belly dance and really wants to try it out, **OR** those who already dance and want to learn some fun combinations based on the Classical style of Belly dance.

Suitable for all abilities.

October 15th, 10:15-11:45: Progress your Belly dance

Now you have the basic Belly dance movements, this workshop will help you to blend them seamlessly together into different combinations, enabling you to dance to your favorite Arabic tunes.

For both workshops: hip belts are provided; we dance in bare feet or soft dance shoes; please dress as though attending an exercise class with the option of a long flowing skirt over the top.

£10.00 per session. £5.00 for members.

Please book to secure your place.

YOGA

I would really like to put one or two Yoga classes back onto the timetable but need a minimum of 12 people for it to be able to run.

Please could you register your interest with me (by email) if you would like to attend a Yoga class on a Wednesday at 11 am.

Effectiveness of Sports Drinks

Which Drink is Better?

What drink is best for getting and staying hydrated during exercise?

Water The natural choice for hydration is water. It hydrates better than any other liquid, both before and during exercise. Water tends to be less expensive and more available than any other drink. You need to drink 4-6 ounces of water for every 15-20 minutes of exercise. That can add up to a lot of water! While some people prefer the taste of water to other drinks, most people find it relatively bland and will stop drinking water before becoming fully hydrated. Water is the best, but only helps you if you drink it.

Sports Drinks Sports drinks don't hydrate better than water, but you are more likely to drink larger volumes, which leads to better hydration. The typical sweet-tart taste combination doesn't quench thirst, so you will keep drinking a sports drink long after water has lost its appeal. An attractive array of colours and flavours are available. You can get a carbohydrate boost from sports drinks; in addition to electrolytes, which may be lost from perspiration, but these drinks tend to offer lower calories than juice or soft drinks.

Juice Juice may be nutritious, but it isn't the best choice for hydration. The fructose, or fruit sugar, reduces the rate of water absorption so cells don't get hydrated very quickly. Juice is a food in its own right and it's uncommon for a person to drink sufficient quantities to keep hydrated. Juice has carbohydrates, vitamins, minerals, and electrolytes, but it isn't a great thirst quencher.

Carbonated Soft Drinks When you get right down to it, cola style drinks of the world aren't good for the body. The acids used to carbonate and flavour these beverages will damage your teeth and may even weaken your bones. Soft drinks are devoid of any real nutritional content. Even so, they taste great! You are more likely to drink what you like, so if you love soft drinks then they might be a good way to hydrate. The carbohydrates will slow your absorption of water, but they will also provide a quick energy boost. In the long run, they aren't good for you, but if hydration is your goal, soft drinks aren't a bad choice. Avoid drinks with lots of sugar or caffeine, which will lessen the speed or degree of hydration.

Coffee and Tea Coffee and tea can sabotage hydration. Both drinks act as diuretics, meaning they cause your kidneys to pull more water out of your bloodstream even as the digestive system is pulling water into your body. It's a two-steps-forward-one-step-back scenario. If you add milk or sugar, then you reduce the rate of water absorption even further.

Alcoholic Beverages A beer might be great after the game, as long as you were the spectator and not the athlete. Alcohol dehydrates your body. Alcoholic beverages are better for hydration than, say, seawater, but that's about it.

The bottom line: Drink water for maximum hydration, but feel free to mix things up a bit to cater to your personal taste. You will drink more of what you like. In the end, the quantity of liquid is the biggest factor for getting and staying hydrated.

Congratulations are in Order Again!

To Jon and Pam Hudd who gave birth to Eden (well Pam did) on Weds Sept 7th weighing in at 7lbs. Pam continued with Pilates at the studio right up until the last week of August.

Also to Jackie Blackmore and husband whose baby Thomas, was born 14th august, 11 days early and weighing 8lb.

Sadness

Sadness surrounded the studio last week as Sue Daly passed away at the hospice. Sue was an amazing lady with so much strength of character and a real zest for life. Sue's presence will be deeply missed at the studio. Our thoughts are sent out to Sue's family.

Studio Update

A polite Request and sorry to Nag again!

Please let me know ASAP if you are unable to make a class, (especially the busy ones, such as Mondays, Tuesdays and Fridays at 9.45 am and almost every evening class. I then can offer your place to someone on the waiting list, who may have had difficulties attending their regular class.

Thank you for your co-operation.

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

www.donnanoll.co.uk