



THE STUDIO
AT 98 STAPLEGROVE ROAD
NEWSLETTER

Inside this issue:

- Sept – Oct 2011 timetable
- Class timetable updates
- Belly Dancing workshops
- Homeopathy
- A balancing Act –Article
- Congratulations

September 2011: FROM THE STUDIO!

Welcome back to Classes and Personal Training at The Studio. I hope you have enjoyed a restful summer as the not so restful 'sculpting, toning, calorie burning' work begins now!

Below is the timetable that leads us up to October half term. Nearer the time I will send out the half term week timetable for those of you who wish to continue exercising through this period.

7-Week Block Timetable: Monday Sept 5th - 23rd October 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00						Spinning 45 mins	
9:45	Pilates: Mixed Ability	Body Alive	Body Sculpt	Stretch & Chill	Pilates: Mixed Ability	Belly Dancing Workshops 10.15-11.45	Taster Classes! 10am
11:00	Spinning 45 mins	Pilates: Mixed Ability				Homeopathy talk 2-4pm Sept 17 th .	
5:30	Body Alive	Pilates: Mixed Ability	Body Alive	Body Sculpt	Something for the weekend.		
6:40	Pilates: RAW	Body Sculpt	Pilates: Mixed Ability	Pilates: Mixed Ability			
7:50	Pilates: Mixed Ability	Pilates: Mixed Ability	Pilates: Beginners				

Sunday Taster Classes: (No class October 2nd)

Sunday 11th Sept- Body Alive	Sunday 9th Oct – Ball Conditioning
Sunday 18th Sept – Body Sculpt	Sunday 16th Oct – ZUMBA !
Sunday 25th Sept – Functional Pilates	Sunday 23rd Oct – Something for the Weekend

Class Timetable updates

Body Sculpt

New to the timetable is a class developed with Fat burning, Toning and deep stretch in mind. It is a mixture between Raw Pilates and Body Conditioning, but with a Body Balance emphasis.

Body Sculpt Classes will run Wednesdays at 9.45 am, Tuesdays at 6.40 pm and Thursdays at 5.30 pm.

Something for the weekend

Want a fantastic way to de-stress from a week of work and set you up for the weekend? If the answer is yes then join us in this $\frac{3}{4}$ class that will consist of 30 minutes spinning and 15 minutes abdominal and Core work. This class is a must for fat burning but very achievable as you are only on the bike for 30 minutes.

Booking is essential as we only have 13 bikes available.

Body Alive

There is now a body Alive Class on a Monday at 5.30 pm. Just to refresh your memory, Body Alive is a more energetic way of exercising to refreshing up beat music. The first 20 minutes is standing Body conditioning work to tone and burn calories; the second part of the class is completing Pilates style exercises to slower music using your breath pattern. Body Alive is a lovely combination of these two disciplines' and always with up to date Functional training in mind.

Sunday Taster Classes

Sunday 10am – 11am taster classes continue. Each week has a different theme giving you the opportunity to taste a class or come because you simply want to work out!

Booking is essential as week on week these classes are full!

ZUMBA is on the timetable for Sunday 16th October at 10 am and if this class fills up, Francesca will teach again from 11.15 am to 12.15 am.

Again BOOK EARLY if you would like a place as presently this is a very popular form of exercise.

All Sunday classes are £6.50 a session or free to members.

Belly Dancing Workshops

September 17th, 10:15-11:45: Introduction to Belly dance

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 have fun going over the basic movements and putting them together into short sequences.

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.

Attack those Autumnal Ailments with homeopathy

Saturday 17th September 2011, 2-4 pm
The Studio, Staplegrove Road, Taunton
Cost: £10 (includes refreshments and remedies)

Homeopaths, Jayne Bateman and Nick Cripps will offer a fun, practical session on how to treat common ailments such as coughs and colds as well as discussing Seasonal Affective Disorder and depression.

Homeopathy is a safe, gentle and individual system of medicine suitable for treating the whole family.

Don't miss out on your favorite exercise class this autumn or winter through illness!!

Contact Sarah Grey for more information or to book:

pilatessouthwest@gmail.com

A Balancing Act

In the past couple of years, balance training has grown in popularity in health clubs and gyms across the country. Every where you look, wobble boards, the BOSU® Balance Trainer, “core” boards or functional standing Balance workouts have become a favourite tool for group exercise instructors, personal trainers and other exercise professionals.

When most people barely have enough time to spend working out to burn calories and keep their weight in check, why would anyone want to spend their precious time practicing balance skills? After all, unless you are trying to impress your friends, or join the circus, what's the point?

The answer is simple! To help reduce the risk of falling!

That may not seem important to you, but the truth is that injuries from falling are more common than you think, and can have a very negative impact on your life, your fitness and your overall health.

A fall can cause injuries as small as a sprained ankle, but as big as a fractured limb! For older adults, the implications of falls are even greater. More than 50% of older adults, who fall, do so more than once in the same year. And statistics have indicated that 10% of older adults who have fallen and broken a limb actually die within one year of that fall due to complications from the fracture.

The bottom line is that people (regardless of their age) often limit or cease activity after a fall, not because they are unfit or unhealthy, but because they have lost confidence in moving as aggressively as before (for fear of falling again) and find themselves losing range of motion, flexibility and strength over time. Whether you are an average exerciser or an elite athlete, a fall can be serious business, and you should try to avoid them at all costs!

The good news is that incorporating balance training into your workout routine does not have to be complicated or take up a lot of extra time. Simple, quick exercises here and there can make a big difference in helping to improve your balance skills and reducing your risk of falling in the future.

For example, stand up straight behind a tall chair and lightly grasp the back of the chair. Bend your knee on one leg and lift that foot off the ground a couple of inches. Maintain your balance while standing on one leg for a few seconds. Repeat with other leg, and perform five sets on each leg. For more of a balance challenge, let go of the chair while balancing. For an even greater challenge, try closing your eyes while you are balancing! You will notice your balance improves very quickly with just this one simple drill!

You can also do a partner balance exercise. For example, play a game of catch while balancing on one foot.

A simple squat executed while standing on two squishy pillows not only makes the exercise tougher for your legs and buns, but it also requires you to focus on your balance skills at the same time.

At the studio a great emphasis is placed on incorporating Balance work in our classes and Personal Training sessions.

Try some balance exercises at home but not too the point that it is too difficult. A little bit of challenge is too good, but too much challenge might actually cause the thing you are trying to avoid!

Congratulations

Are in order for the many babies that have been born to studio members and their husbands over the past few months:

Elsie (Elizabeth Georgia) Witherick was born on the 3rd March weighing 8lb 13oz. She's been commando crawling for over a month already and does a very impressive downward dog!

Thomas Federick Samuel Thorne was born on the 27th April 2011 at 7.20pm. He weighed 7lb 8oz.

Jenni and Wayne are happy to share that he was born at home and was delivered by Jenni whilst Wayne was putting their bags into the car. Jenni was in labour for about 5 hours in total and it took four contractions of pushing, for Thomas to arrive into this world!

Seren Neve Date was born 5 weeks early on 24th May. She Weighed 5lb 8oz. She is a spirited little thing!!

I must add that Caroline was doing 2 Pilates classes a week up until 3 days before Seren was born!

Our newest arrival is

Daisy Louise Waterjohns was born on 17th August. She weighed 7lb 13 oz

Congratulations all and Thank you for staying with Pilates through – out your pregnancies, as I know it can be tiresome to drag your selves to an exercise class especially in the third trimester!

Studio Update

Due to popular demand, we have purchased another 7 spinning bikes and now have 13 in total. We have 2 spaces left on a Thursday and Saturday spinning sessions if anyone wants to join for the 7-week block at £45.50.

Please let me know ASAP if you are unable to make a class, so that I can offer your place to someone who may be on a waiting list. Remember it could be you on the waiting list.

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