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September 2010

FROM THE STUDIO!

What a success the four-week summer sizzler was! Almost all classes were running at full capacity and many of you experienced a different class than you were used to attending. It was great to see different faces in different classes and great to hear all the moans about sore bums and thighs from the conditioning classes! No sympathy here as you can see!

We have exciting new classes at the studio from September and exciting news so read on!

TAI CHI

On Wednesday September 8th at 11.15am Ellie Anderson who teaches **TAI CHI** will be running a FREE 1 hour taster class at the studio from 11:15am to 12:15pm. Bookings will be on a first come first served basis so please contact me ASAP if you would like a place. If the class proves a success it will become a permanent fixture on the timetable (although not sure where yet).

I am using Cathie's Stretch class timeslot on Wednesday 8th September to run the TAI CHI class as Cathy is away that week. No need to book if you were originally booked into the stretch class as I have your names down already.

STRETCH AND CHILL

After sooo much pressure I have added two Stretch classes to the morning timetable. One is on Wednesdays at 11:15am (not 8th as TAI CHI taster is on) and the other on Thursdays at 9:45am, replacing Body Alive.

The Friday morning summer sizzler STRETCH AND CHILL class brought a lot of positive feedback and requests to put this type of class on the timetable, So if you are someone who holds a lot of stiffness in your body and finds it difficult to switch off and relax, book yourself into one of these classes.

Ginny is still teaching her Strong Stretch class on a Tuesday evening at 6:45pm. Please feel free to trial the class as you won't know how much you like it unless you try it!

TIMETABLE SEPT 6TH – OCT 24TH 2010

The new 7 week course starts on Monday September 6th and costs £49. If you have already given me a post dated cheque then your booking is confirmed. If you still need to pay for the course, please do so as a matter of urgency as most classes are already full.

Please remember that I will do my best to swap classes around for you if you are unable to make a class but I cannot carry the missed classes over to the following 7 week block. Any changes to classes need to be carried out within the block you have paid for.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:45	Pilates: Mixed Ability	Body Alive	Pilates on the Ball	Stretch and Chill	Pilates: Mixed Ability	Belly Dancing (5 week block)	Buns of Steel, abs of Iron
11:15		Pilates: Rehab Class	Simply Stretch				
17:30	Pilates: Mixed Ability	Pilates: Mixed Ability	Buns of Steel, abs of Iron	Aerobics	Body Conditioning		
18:45	Pilates: RAW	Strong Stretch	Pilates: RAW	Pilates: Mixed Ability	Pilates Chill it's Friday		
20:00	Pilates: Beginners	Pilates: Mixed Ability	Pilates: Mixed Ability	Pilates: Mixed To Raw			

RAW Pilates: The Definition!

I just had to share this information with you, as it is so funny! Trish and Paul attend 2 classes a week at The Studio and were interested to find out what the RAW Pilates that is advertised on our timetable consists of.

Here is the email I received!

We're intrigued with the RAW Pilates classes – We looked at the class descriptions but it wasn't there, so we checked Google dictionary:

raw (rô)

adj. **raw·er, raw·est**

1. Uncooked: raw meat.

2.

a. Being in a natural condition; not processed or refined: raw wool. See Synonyms at [crude](#).

b. Not finished, covered, or coated: raw wood. See Synonyms at [rude](#).

c. Not having been subjected to adjustment, treatment, or analysis: raw data; the raw cost of production.

3. Untrained and inexperienced: raw recruits.

4. Recently finished; fresh: raw plaster.

5. Having subcutaneous tissue exposed: a raw wound.

6. Inflamed; sore: a raw throat.

7. Unpleasantly damp and chilly: raw weather.

8. Cruel and unfair: a raw punishment.

9. Outspoken; crude: a raw portrayal of truth.

10. Powerfully impressive; stark: raw beauty; raw talent.

11. Nude; naked.

We don't think 1 or 5 can be right, even with Dave instructing and hopefully wrong time of year for 7.

Most of the rest seem to be possibilities depending on the instructor!

Talking of which number 11 sounds different! - But would depend on Instructor

If Dave then we're unfortunately very busy however if it was Sarah I'm sure we could manage a visit although Trish might disagree!

POEM

Dave The Destroyer

If you are feeling brave
Then take a fitness class with Dave
But beware he's pretty tough
And if you yell 'ENOUGH'S ENOUGH!'
You'll learn quite quickly to behave.

Don't be deceived by his smile
For he's just like the crocodile
If you're taken in
By his friendly grin
You'll be feeling 'chewed up' in awhile.

Though he's a hard task master
He aims to get you fitter much faster
You may find it hard
But he'll get rid of your lard
Even though you may end up in plaster!

As written by Barbara after experiencing a class with Dave in the week I was away!

CHANCE TO WIN A MONTH'S MEMBERSHIP AT THE STUDIO

Simply send in one idea that we could do at Christmas as a social function. (Even if you would rather not be involved you may have a cracking idea).

We at the studio would like to do something fun at Christmas with you, our studio members. It could be carried out in the studio or be an outside function.

The best idea will be implemented and the 'idea giver' will receive a month's free membership.

Closing date: Sept 30th.

STUDIO INFORMATION

PARKING UPDATE:

From Sept 6th parking is no longer available behind the studio. Please park around the Tennis Club square of Linden Grove, Elm Grove, Birch Grove and The Avenue.

There is an abundance of parking in these roads with the studio requiring just a two-minute walk down the stairway from Linden Grove.

PERSONAL TRAINING:

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

Dave has some amazing equipment on its way to assist in fast and effective weight loss, toning and strengthening.

If you haven't heard of the Gravity machine, look it up on youtube or ask Ginny about the results that can be achieved.

We also have a shower being installed for Personal Training clients so it is easier to pop out of work or have a session before work.

We have spinning bikes on order to run Spinning classes at the studio. Studio Cycling is a great way to burn calories fast, but not have to worry about co-ordination or pressure on joints. WATCH THIS SPACE!

Next April is the Taunton half marathon again. 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, Spinning or joining the running club, please email me and I will pass the information on accordingly.

Foot Notes:

Visit our website and check it regularly for updates, such as class timetable changes and cancellations.

www.donnanoll.co.uk