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Moving Forward

Our lives are full of turning points, where we have to decide which course of action we will take. Covid and particularly Covid vaccinations have brought on such turning points. For some of us these decisions have been easy and clear, and for others not so easy.

At Pilates Nelson we strive to create a welcoming, caring and inclusive environment for all to enjoy. At this point of our history some hard decisions have been made for the greater good of the community and we must follow the government mandate or be forced to close our business for the foreseeable future.

In the current climate it is important to keep our social networks and wellness activities as a priority, therefore it is with a heavy heart that we say farewell to a few of our loved and loyal students, some of whom have been with us for many years. Dave and I and I'm sure all of us at Pilates Nelson wish everyone well and hope for a time in the future when we can welcome back everyone.

We are investing in air purifying units for both the Mat Studio and the Spring Studio with Medical-grade HEPA filters that filtrate sub-micron particles including bacteria and viruses. We expect these units to arrive from Australia in January, so when we move into the colder months and can't always have the windows and doors open we will have clean air.

In the recent community outbreak we really appreciate the care already displayed by those of you who have been contacts of contacts and have done testing before returning to your classes. Please keep up the QR code scanning and sanitising before and after class, and wearing masks in and out of the studio is recommended.



STUDIO NEWS

FEE INCREASE

As we all know everything seems to have increased in price lately, because of this inflation, and a studio rent increase in July plus our outlay for the air filters will be increasing fees for Mat classes next year by \$1/class.

HOLIDAY MAT CLASSES

Jess Hannah will be sitting her Mat Teachers Exam at the end of January, therefore she is looking for bodies to practice on and is offering **free Mat classes over the holiday break.**

Jess will teach **Over 50's Mat on Mondays at 9.30am on Monday 20th Dec, and the 11th, 18th and 25th of January.**

Also Open Mat on Fridays at 11am on January 7th, 14th & 21st.

If you'd like to keep up your practice and support an upcoming teacher, please register on the list at reception, classes are limited to 8.

Maren Fritsche is also offering **Mat classes on Tuesdays at 12.30pm on Tuesday the 11th, 18th and 25th January**, if you've experienced Maren's teaching before you'll know this is a wonderful opportunity with a highly skilled teacher. **Classes are \$18 and must be registered and paid for before the end of term, classes limited to 12**

Priate Training students please check with your teacher for classes during the break and confirm your bookings.

VACCINE PASSES ARE REQUIRED TO REGISTER FOR THE HOLIDAY CLASSES.

CHRISTMAS CHARITY RAFFLE FOR THE CANCER SOCIETY



This year we missed our annual daffodil fundraiser because of lockdown

Tickets limited to 100 \$5 each

*1st Prize is a Term of Pilates
2nd Prize is a Foam Roller*

**Please remember to bring change with you to class*



Barre Class

We have been talking with an experienced Pilates Barre teacher who is interested in teaching at Pilates Nelson. If you are interested in trying another style and taking your pilates into more standing work (great for balance practice) and would also enjoy exercising to music, this might be the opportunity to add another class to your week or change things up. We would like you to register your interest before we can decide when and how many classes to add to the timetable.

Term 4 finishes on Saturday 18th December

TERM 1 DATES & FEES 2022

**Term 1 begins Tuesday 8th Feb and finishes on Thursday 14th April
and closed for Easter weekend**

The Term is 10 weeks and *Waitangi Day (observed) on Monday 7th Feb and
*Good Friday on the 15th April means a *9 week term for Monday, Friday and
Saturday people


The Term fee is \$190 or *\$171 for Monday, Friday and Saturday people,


Casual Pilates Classes \$23.


Stretch, Release and Relax class is \$153 or \$19 casually

***To guarantee your preferred class place for next Term please let us know
your intentions as soon as possible***

 **THANK YOU**

 We really appreciate you bringing your own hand towel to class, it helps keep
the laundry down and is good for the planet!

 We really appreciate you letting us know in good time if you are going to be
absent from class, this allows us to include casual students looking for a class and
reciprocally allows us to include students looking to catch up missed classes

 We have really appreciated your consideration in staying away from the studio
when feeling unwell, or if you have been travelling to Covid hotspots or
socialising with large groups.

We wish to thank you all for your loyalty to the Studio, as we transition through these changing times it is a blessing and a joy to us to have so many wonderful students, and our work is a pleasure because of you all and the good will and enthusiasm you show us. Keep up the good work over the holiday break with your home practice or use the videos if you find them helpful, the body mind practice will help keep you centred until classes resume.

Many thanks to our teachers Maren and Lisa for the wonderful work they do.

We look forward to seeing you all again next term. Please remember to register your intentions for the new year and holiday classes.

Wishing you all a peaceful and joyful holiday season,

Kate and Dave

WE TEACH PILATES

TO HELP PEOPLE FEEL **FREEDOM** IN THEIR BODIES

WE TRAIN BODIES THAT ARE **VULNERABLE**
THOSE THAT ARE EXCEPTIONAL AND EVERYONE IN BETWEEN

WE TEACH PEOPLE TO **ENDURE** & ALWAYS REACH FOR MORE

WE TRAIN **ALL BODIES**

WE TEACH A FITNESS METHOD THAT
CELEBRATES OUR DIFFERENCES

BECAUSE OF PILATES WE KNOW THAT SOMETIMES WE MUST **REGRESS IN ORDER**
TO PROGRESS

WE KNOW THAT **CHANGE HAPPENS THROUGH SMALL ACTS** OVER TIME

AND THAT **IMPROVING ONE PERSON'S WELLBEING CAN POSITIVELY IMPACT THE**
ENTIRE COMMUNITY

