



In this winter issue

Term 3
Dates
and
Fees

RESTORE YOUR
PELVIC FLOOR
WORKSHOP WITH
MAREN



HOLIDAY MAT CLASS
REGISTRATIONS
OPEN

NEWSLETTER

Competition (from the Latin-to strive for)

This July Pilates Nelson celebrates 9 years at our Hardy Street premises and we have received a Quality Business Award!



NZ businesses that have won a Quality Business Award represent less than 1% of registered NZ businesses. This is a seal of quality that a business has achieved an overall quality score of 95% or greater, recognising our dedication to providing quality service and an overall fantastic customer experience, thank you!



We have weathered the covid years of uncertainty well so far, watching many of our industry competitors suffering downturns and closures. While it has been disconcerting with lockdowns and isolations, we have carefully followed industry guidelines and covid protocols, and have seen no outbreaks within classes only individual cases, this is very reassuring as business owners. Thank you to you all for the care you continue to take cleaning equipment, sanitising hands and staying away when unwell, we are very grateful to you for the support of our business.

This year we have seen a plethora of pilates businesses opening in the Nelson Tasman area. I always expected it to happen, but I am quietly confident that we can hold our own by continuing to provide quality teaching in a calm, clean, fully equipped and dedicated space. Our age demographic and philosophy is quite different to the gym style pilates found everywhere on social media at present, and more awareness of Pilates as an accessible mainstream exercise option will be a good thing for us all.



Studio News

Holiday Classes

We have a great selection of classes for those of you who wish to continue your practice over the holiday break. Hannah will be teaching a **New Beginners Pilates Barre** on Thursday 14th at 4.30pm for anyone who would like to try the class. Next Term the Wednesday 9am Barre class will become a Beginners Pilates Barre and the Thursday 4.30pm will be Fitness Barre. We are very happy for you to try the class before signing up, please let me know if you're keen to give it a go!

WEEK ONE

11th Monday 11.30-12.30pm Open Jess

13th Wednesday 11.15-12.15pm Ov50 Jess

12.30-1.30 Open Jess

14th Thurs 4.30pm Beginners Barre Hannah

5.45pm Open Hannah

WEEK TWO

18th Monday 11.30-12.30pm Open Maren

20th Wednesday 11.15-12.15pm Ov50 Hannah

12.30-1.30 Open Hannah

21st Thurs 4.30pm Fitness Barre Hannah

5.45pm Open Hannah

The classes are limited to 12 people and cost \$19 each, registration accepted with payment before Friday 8th July. Please register at reception, or txt or email me, Classes are subject to enrolment.

PRIVATE TRAINING Please check with your teacher their availability over the holiday break.

Pilates Mats

EVERYONE please take your mat home with you after your last class of Term. We are reorganising the storage and also think there are quite a few abandoned mats that are clogging up the space. We will keep the abandoned mats for the first 2 weeks of Term 3 in reception, then they will be donated to a charity. We already have some in a basket in reception we suspect are abandoned, if you are missing your mat please check for it. Please remember to roll your mat and hand towel tightly and secure with a tie that identifies it to you.

Barre Classes

Term 3 will see the **Wednesday 9am class become Beginners Pilates Barre** and the Thursday 4.30pm will remain a Fitness Barre.

If you are interested in trying Barre the Wednesday 9am class will be a great introduction and addition to your pilates practice if you are thinking of adding an extra class to your practice over the winter term, Hannah will be delighted to see you.

Wednesdays at 9am and Thursday at 4.30pm. Please let me know if you'd like to try the classes!



BARRE

Barre classes combine Ballet, Pilates and yoga. Each class gives you a full body workout, enhancing flexibility, strength and balance.

Wednesday 9am- Thursday 4:30pm

Email- kate@pilatesnelson.co.nz or text- 0273662213 to book your spot now



Stretching, fascia and inflammation

The below excerpt comes from the Hearts and Bones Facebook page.

“Stretching your fascia such as the fascia found in your lower back for 5 minutes twice a day, reduces the size of the area of inflammation according to research conducted on pigs and mice by Helene Langevin.

A team at Harvard Medical School tested this theory on humans in 2021 and showed that it also seems to induce a series of anti-inflammatory chemical events in human tissues. Stretching your fascia can alter the levels of immune system molecules and regulate inflammation responses in the body after stretching.

Fascia is a connective tissue made up of fibres of the proteins collagen and elastin. This little-understood body tissue is gaining notoriety and changing the way we see, understand and teach movement.”

In our classes at Pilates Nelson we use the small equipment such as the spiky balls, over balls and foam rollers to open and release fascia, if your body is crying out for more release **STRETCH, RELEASE & RELAX CLASS, MONDAYS 7-8PM** would be a great addition to your practice, focusing on gentle stretches and release techniques that ease our bodies and minds. You don't have to enrol for the whole term, just come along when you feel the need, a great start to the week and nice way to wind down and sleep better. Bring your mat and come along and give your body some love!

TERM 3 DATES & FEES

TERM 2 ENDS SATURDAY 9TH JULY

TERM 3 BEGINS MONDAY 25TH JULY & ENDS SATURDAY 1ST OCTOBER

UNFORTUNATELY THERE ARE NO PUBLIC HOLIDAYS THIS TERM!


**THE TERM IS 10 WEEKS FOR ALL CLASSES
AND THE FEES REMAIN AT \$190 FOR THE TERM**


CASUAL PILATES CLASSES \$23 SUBJECT TO SPACE


STRETCH, RELEASE & RELAX CLASS MONDAY 7-8PM
\$160 FOR 10 WEEKS AND \$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 a missed class

 we have really appreciated your consideration in staying away from the studio when feeling unwell, please keep this up over the winter terms.



Thanks to Tony Gibson who sent in the above lovely image, it is one in a series by Nelson yoga and meditation teacher Sam Loe displayed in Bank Lane, city centre.

To me this speaks to the inhalation, to allow the deep release and expansion of the diaphragm we also have to relax into the pelvic floor, the pelvic floor like any other muscle in your body needs the ability to fully relax and fully contract to remain healthy. If we persist in holding a muscle tight it becomes weak and short, by practicing our diaphragmatic breathing we naturally tone our pelvic floor muscles.

I'll leave you with a quote from prominent writer and American activist.

“Not everything can be changed, but nothing can be changed unless it is faced”
James Baldwin

Thank you all for the good cheer and effort we have seen you put into your classes this term, your body is the place you live in, you may as well make it as happy and as healthy as you can.

We look forward to seeing you back in the new term refreshed and reinvigorated as we will be.


Please remember to confirm your classes for next term.

Many thanks to all our teachers, you are a joy to us.

Kate and Dave

WINNER FOR The Best Pilates Studio in Nelson FEEDBACK ▾

The Quality Business Awards recognizes businesses that achieve an average quality score of 95% or greater over the previous 12 months. To learn more about our selection criteria, please [click here](#). The winner for the category of The Best Pilates Studio in Nelson can be seen below. From the whole team, we would like to congratulate the winner on your outstanding results.



Pilates Nelson

Upstairs/114 Hardy Street, Nelson 7010

Pilates Studio

We have awarded Pilates Nelson as The Best Pilates Studio in Nelson for 2022. An overall quality score exceeding 90% was achieved, making them the top ranked in Pilates Studio.

Satisfaction ★★★★★
Service ★★★★★
Reputation ★★★★★
Quality ★★★★★

[Visit Website](#)

Restore your pelvic floor

*A PRACTICAL 2 HOUR WORKSHOP ON ALL THINGS PELVIC FLOOR,
EDUCATION, AWARENESS & PRACTICAL STRATEGIES TO ENGAGE MORE
DEEPLY WITH YOUR PELVIC FLOOR.*

FOR WOMEN OF ALL AGES & STAGES OF LIFE

*MAREN IS A QUALIFIED PILATES TEACHER & TRAINED PHYSIOTHERAPIST, WITH
A SPECIAL INTEREST IN PELVIC FLOOR HEALTH & FITNESS INCLUDING PRE &
POST NATAL CHANGES*

Saturday 16th July 2pm

Pilates Nelson 114 Hardy street \$40

Contact Maren 022457 0027 or Marenfritsche85@gmail.com

