

## IN THIS SPRING ISSUE



Term 4  
Dates  
and  
Fees



HOLIDAY MAT  
CLASS  
REGISTRATIONS



# NEWSLETTER

## If you don't move, you stop

We have a large Over 50's focus in the studio, and often speak of the importance of maintaining strength, mobility and balance as we age, and the importance of breathing well so we can stay active and engaged in life.

Earlier this term Angela Baker the Community Falls Prevention Coordinator for Nelson Bays Primary Health visited our studio and participated in an Over 50's Mat class instructed by Dave.

We now have the ACC Tick of Approval and can use the Live Stronger for Longer logo on our advertising, and we are part of the Green Prescription Network. Below are her comments on the class.

Thanks for letting me attend your class on Monday. I thoroughly enjoyed the class, I felt safe with the instruction, clearly guided with options & lots of variety where everyone was suitably challenged.

It was great and the participants clearly enjoy it and the benefits it has on their bodies.

I particularly liked the encouragement and options provided to participants that had some difficulties. Dave was quick to guide and was knowledgeable about individuals limitations.

Balance challenges are important for everyone and I appreciated the acceptance that everyone will do floor work and move between both standing and floor work. Such an imperative movement that older adults often stop doing.

You can now use the ACC Tick of Approval and the Live Stronger for Longer logo's on any advertising you do.

**LIVE STRONGER  
FOR LONGER**

PREVENT FALLS & FRACTURES



# 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 with Maren, Jess and Hannah (please note Jess is only teaching in the 1st week)

The classes are limited to 12 people and cost \$19 each, registration accepted with payment before Friday 30th Sept. Please register at reception, or txt or email me, Classes are subject to enrolment.

### WEEK ONE

Mon 9.30am Ov 50's Maren

Mon 5.45pm Open Jess

Tues 10.15am Ov 50's Jess

Tues 5.45pm Open Jess

Wed 10.15am Ov 50's Hannah

Wed 12pm Open Hannah

Friday 9.45am Ov 50's Jess

Friday 12.15pm Flow Maren

### WEEK TWO

Mon 9.30am Ov 50's Maren

Wed 10.15am Ov 50's Hannah

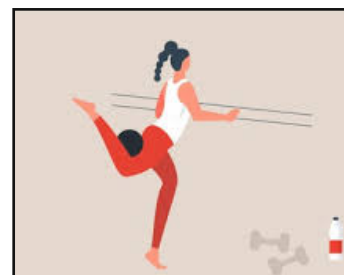
Wed 12pm Open Hannah

Fri 12.15pm Flow Maren

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

## Barre Classes

The **Wednesday 9am Beginners Pilates Barre** is becoming popular as more pilates students are taking it up. If you like the thought of adding a springtime challenge to your week, now is the time to let me know and you are welcome to try a class before enrolling for the term. For those of you working there is the **Fitness Barre on Thursdays at 4.30pm** and Hannah will be delighted to see you!



## Pelvic Floor Workshop with Maren Fritsche



Due to popular demand Maren is running this workshop again. If the weekend timing didn't suit you last term this is your chance to participate in the evening class this time.

Please contact Maren (details below) or register at reception before the 30th September.

### Love your pelvic floor and core workshop

A workshop for ALL women to learn about their pelvic floor and core.



Join Maren on Wednesday 11<sup>th</sup> October 22

Pilates Nelson

114 Hardy street

5.30pm -7.00pm

\$40

Please get in touch [Marenfritsche85@gmail.com](mailto:Marenfritsche85@gmail.com)

0224570027

## TERM 4 DATES & FEES

TERM 3 ENDS SATURDAY 1st OCT

THERE IS A ONE OFF PUBLIC HOLIDAY FOR THE QUEEN ON MONDAY 26TH THEREFORE MONDAY CLASSES FINISH ON THE 19TH

### TERM 4

BEGINS MONDAY 17TH OCT & ENDS SATURDAY 17TH DECEMBER

**THE TERM IS 9 WEEKS FOR ALL CLASSES EXCEPT SATURDAY AND MONDAY CLASSES WILL BE 8 WEEKS BECAUSE OF LABOUR DAY ON MONDAY 24TH THERE IS ALSO NO SATURDAY CLASS ON THE 22ND**


**THE FEES ARE \$171 FOR THE 9 WEEK TERM AND \$152 FOR MONDAY AND SATURDAY CLASSES**


CASUAL PILATES CLASSES \$23 SUBJECT TO SPACE


STRETCH, RELEASE & RELAX CLASS MONDAY 7-8PM  
\$136 FOR 8 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

 Thank you for 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 reciprocally allows us to include students looking to catch up a missed class and allows us to include casual students looking for a class

 we have really appreciated your consideration in staying away from the studio when feeling unwell, please keep this up to keep illness down in our pilates community

## Daffodil Day

We are thrilled to have raised \$560 for the Cancer Society last month, this is pretty impressive as we only received the flowers on Wednesday evening, so really only two and a half days of classes to contribute! We really appreciate your generosity and willingness to support the important work of the Cancer Society, thank you so much.



## Mask change policy....

Self responsibility.

Please wear a mask if you're concerned about contracting a virus and please feel free to ask your instructor to wear a mask, especially if we are coming into your personal space.

Usually we don't know the reason you are coughing or sneezing even if it's a past infection you're clearing or an allergy, in a confined space it can cause anxiety for others in the room, so please wear a mask to reassure others. If we've all learned anything from the past few years hopefully it's consideration.

Please don't come to class if you are unwell with a virus, we are more than happy to catch you up when you're feeling better.

I'm sure we are all happy to see the return of the light and the end to a long wet winter. We were sad to hear of some of you being affected by flood damage and we hope all the problems of those affected are resolved soon.

Thank you for your good cheer despite some trying times and the effort we have seen you making to get to your classes this term ( through traffic delays and flood waters), I'm sure your body and mind are happier for your efforts.

Please remember to confirm your classes for next term.

We look forward to the coming term and seeing you all back on the Mat again.

Thanks again to our teachers, and the wonderful work you do.

*Kate and Dave*



