



NEWSLETTER

Navigating the Cost of Living Increase: The Value of Pilates and PBM Light Therapy for Wellbeing

As the cost of living continues to rise, many of us find ourselves scrutinising our expenses, searching for areas where we can economise. In this era of financial uncertainty, it's essential to recognise the intrinsic value of prioritising our health and wellness.

Pilates, with its focus on core strength, flexibility, and mindful movement, offers our students more than just physical exercise—it provides a pathway to improved posture, reduced stress, and enhanced overall vitality. Similarly, PBM light therapy, known for its ability to promote tissue repair, reduce inflammation, and alleviate pain, complements the holistic approach of pilates by addressing both physical and mental wellbeing.

Due to the increased costs of running our studio it is necessary to make a nominal fee increase this coming term. While it's understandable that rising fees may give pause for thought to some students, it's imperative to view this through the lens of long-term investment in health. The benefits extend beyond the studio, influencing many aspects of our daily lives from increased energy levels to better sleep quality, maintaining a commitment to self-care becomes an act of resilience and self-empowerment.

Pilates Nelson has always been dedicated to fostering a supportive community where individuals can thrive whilst navigating the ups and downs of life. In light of the current economic climate, we remain steadfast in our commitment to providing accessible avenues for holistic health. We encourage our students to discuss with us any financial concerns you may have with continuing your practice, as we believe that everyone deserves the opportunity to prioritise their wellbeing without undue financial strain. As we confront the realities of a costlier world, let us not lose sight of the immeasurable value of investing in our health and happiness and prioritising self-care, recognising that in doing so, we invest not only in our present but also in our future resilience and vitality.

Studio News

HOSPICE CHRISTMAS RAFFLE RESULTS

Our annual Hospice raffle raises funds towards a wonderful service we are all very grateful for. We would like to thank you for your wonderful support and we are very happy that Pilates Nelson raised a record effort of **\$926!**

Our winners were:

Peta-Lee Buckley Term fee

Susan Stokes 5 Red Light Therapy sessions

Rachel Dodd \$100 Pilates Nelson gift voucher



Many thanks again to everyone who participated and congratulations to the lucky prize winners.

DEM BONES

A very big thank you to Sue Standish and Waimea College who very kindly lent us our bony assistant for 2 weeks this term.

Dave and I so enjoyed having his/her assistance in our teaching we are going to hold a fundraising raffle in Term 2 to help contribute towards purchasing our own bony assistant for our Pilates Nelson students understanding of anatomy. These models are rather pricey so if you are happy to contribute we will be most grateful!



BARRE CLASS WEDNESDAY 9am

Pilates Nelson's new Barre teacher our daughter Elise Agnew is completing her first term teaching at Pilates Nelson and running a great class. If you are looking to up your strength and cardio fitness as we head into the cooler months, consider this class as a great addition to your pilates week.

NEW CLASS 75+

Our new 75+ Pilates class is off to a good start, and feedback from participating students has been very positive.

Below is a comment from one of our longtime students Marcia

“I wanted to let you know I am really enjoying the Monday class. Learning it all again and making adjustments, you are so informative, and making me really concentrate on doing it right”

BEACON HOLIDAY HOURS

Our Beacon Light Therapy service continues over the holiday break. Please check our website beaconlight.nz if you are considering the wellness package for the cooler months ahead.



FEE INCREASE

Our last fee increase was over 2 years ago and since then all our day to day studio running costs and particularly insurances have increased.

It is with regret that we need to increase our fees by \$1/ Mat class, this will change the 10 week term from \$190 to \$200. Please see below for your class price for next Term as it varies because of public holidays.

Private training and concession increases. All current concession cards are valid until completed and you may buy more concessions at the old price before the beginning of Term 2 (end of April).

New PT prices from May

1 hour \$85

5x paid in advance \$400

10x paid in advance \$750

TERM 1 ENDS SATURDAY 13th April

TERM 2 2024 DATES & FEES

TERM 2 2024 BEGINS MONDAY 29th APRIL
AND TERM 2 ENDS SATURDAY 6th JULY

PLEASE READ CAREFULLY AS THE **TERM FEE VARIES** BECAUSE
OF KINGS BIRTHDAY WEEKEND SAT-MON 1-3 JUNE
& MATARIKI WEEKEND FRI-SUN 28TH-30TH JUNE

* TUESDAY-THURSDAY CLASSES 10 WEEK TERM \$200

*FRIDAY & MONDAY CLASSES 9 WEEK TERM \$180

*SATURDAY CLASSES 8 WEEK TERM \$160

CASUAL PILATES CLASSES \$23 SUBJECT TO SPACE

STRETCH, RELEASE & RELAX CLASS MONDAY 7-8PM
\$162 OR \$20 CASUALLY

The WELLNESS PACKAGE of 1 PILATES CLASS + 2 PBM LIGHT
THERAPY SESSIONS per week for the 10 week Term \$590 is our
lowest priced Light Therapy offer EXCLUSIVE TO OUR PILATES
STUDENTS book on beaconlight.nz It's a great way to boost your
wellness as we head into the cooler months

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

😊 Thank you for bringing your own hand towel to class, it helps keep the
laundry down therefore better 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 help prevent infection from
virus in our pilates community

A leg to stand on - holiday practice

BARE FOOT SINGLE LEG CALF RAISES

No time or inclination to do a Mat practice at home? Try doing this one exercise daily over the holiday break, no equipment need just bare feet and a stable surface for support like a wall or bench. Single Leg Calf Raises work balance, feet, ankles, calves, glutes, and pelvic floor. Amazing for pelvic floor, lower back and core!

Feet are generally quite unconditioned, usually stuck in a shoe, shoes restrict muscles, strength, mobility and agility. The more you work an area the more you wake it up, therefore the more blood and brain flow to that area, it therefore becomes more primed to react more quickly.

Stand on one leg holding on to a support (eg kitchen bench). Lift your heel as high as possible and lower back to floor gently. Aim for 2-3 sets of 10 a day per foot.



This holiday break we are grateful and happy to be able to return to the lovely mountain retreat of Hapuku. We intend returning to classes refreshed and enthused for another Term of Pilates inspiration.

Thank you all for your dedication to your Pilates practice and Pilates Nelson. We look forward to seeing you all back refreshed and ready to go again at the end of the Month!

Love and light, and movement for life,

Kate and Dave