

IN THIS
Summer ISSUE



**HOLIDAY
CLASSES
RETURN!
BOOK IN**

Term 1
2026
Dates
and fees

**RELEASE AND
RESET CLASS
TERM 1 DATE**



NEWSLETTER



Just because you can doesn't mean you should; why more isn't always better!

In this age of technology and tracking, it's easy to see our bodies reduced to numbers — steps, reps, weights, minutes, calories. We're encouraged to constantly “beat the number,” to go harder, faster, longer. But in doing so, we often override the body's natural intelligence, leading to fatigue, defensive guarding patterns, and repetitive strain injuries.

At Pilates Nelson, we're not saying don't push yourself — but we do invite you to shift your focus. Instead of asking, “How much can I do?” try asking, “How long can I maintain the quality of my movement?” Quality, after all, builds sustainability. When we move with awareness, we enhance our body's ability to adapt and strengthen gradually — going up through the gears rather than slamming our foot on the accelerator.

Pilates offers the perfect environment for this mindful approach. It tunes the body for performance, supports recovery, and serves as powerful “prehab” — helping you avoid the lengthy rehab that follows overtraining or imbalance. Through precise, intelligent movement, using breathing mindfulness and core control you begin to feel when your body is working efficiently, and when it is straining.

The magic happens when you learn to use your body's feedback as your guide. Then you train smarter, not just harder — developing resilience, balance, and control that last far beyond the studio.

Because sometimes, the wisest choice isn't to do more, but to move better.

Studio News

Christmas Raffle for Hospice

Our Annual fundraiser for Nelson Hospice is well underway. Tickets are \$5 at reception, cash only please.



3 lovely Pilates Nelson prizes up for grabs, if you haven't already, please buy a ticket and give a little back by supporting the wonderful work Hospice does for our community.

☀️ Holiday classes return! 🙌

Elise will be teaching classes on Tuesdays and Thursdays throughout January to pick up her teaching hours for her certification, please support her.

Elise brings bright energy and creativity to every class she teaches. Her sessions are known for being **fun, challenging and uplifting**, helping you to **build tone, boost fitness and have fun doing it**. We are offering these classes at a reduced rate as Elise completes her training and teaching hours for her certification.

Tuesdays 6th, 13th, 20th, 27th

Thursdays 8th, 15th, 22nd, 29th

10.45 Over 50's Pilates

12pm Open Pilates

5pm Fitness Pilates

Please register with Kate and pay before the end of Term to secure your spot. **\$15/class or \$50 for 4 classes!**

Spaces are limited, please get in quick if you'd like to keep up your practice over the summer ☀️ 🌲 ☀️

RESET CLASS for Term 1 2026

-Friday 6th March 4.30-6pm.

Because Term 1 has only 7 Fridays there will only be one Relax and Reset class.

Wind down by releasing muscle tension and joint stiffness, followed by a relaxing meditation to quiet your mind.

The class is open to everyone not only Pilates Nelson students, so if you have a friend or relative you'd like to bring along they would be most welcome!

Please register to ensure your place, class size is limited and with only 1 class this term get your name down quickly!

The price for the 90min session is \$30.

A lovely way to unwind from the week and move into the weekend with a relaxed body and mind!



BEACON LIGHT THERAPY

The Red Light Therapy studio will be closed for the Christmas/ New Year break from Wednesday 24th December until Tuesday 6th January, and then opened on reduced hours until the start of the new Pilates Term on 9th Feb. If you are buying membership sessions for over the Dec/Jan period please check our open hours and the expiry times of the membership before buying.

WELLNESS PACKAGE Term 1 2026

The Wellness package runs alongside the new Pilates Term. Please take a look at beaconlight.nz if you are considering combining Pilates with PBM for the coming Term. Some Red Light Therapy sessions can be very helpful to help energise your cells to be in your best health to help fight inflammation and seasonal allergies. Also helpful for skin health and a lovely relaxing therapy at anytime of the year to help you unwind and relax, 20 mins of peaceful bliss.....

CLASS CHANGES

New 75+ class Our Monday 75+ Class is booming and has been overfilled for a couple of Terms so we are opening a new addition to the schedule a second 75+ class on **Thursday morning 10.45-11.45am.**

Some of our students who are well over 75 and still doing the Over 50's classes might like to consider this option!

And also those students doing the Monday 75+ Class who'd like to come twice per week or have another option for catching up classes missed

New Fitness Barre Thursday 4.30pm

The Fitness Barre class will increase your strength and increase your cardio fitness the pilates way.

Elise is teaching a challenging and fun class and I recommend you give it a try if you haven't already!

We are trialling an **early evening class at Thursday 4.30pm** next term for those with work/family commitments at the earlier time on Wednesdays.



Special new time price is \$120 Term 1, or bring a friend and you can come for \$100 each!

Pilates Gift ideas... 🎄 🎄 🎄

Spiky balls.....Therobands.....Foam rollers.....spiky foot pods.....
Overballs.....Power circles.....Booty bands.....Gift Vouchers for
classes or Private Training.....order now for Christmas

TERM 4 ENDS Saturday 20th December

TERM 1 2026 DATES & FEES

Term 1 2026 is a shorter 8 week Term

**TERM 1 2026 BEGINS MONDAY 9th February
following Waitangi weekend
AND finishes Thursday the 2nd April prior to
Easter weekend**

THEREFORE CLASS FEES ARE \$160

***Except for Friday & Saturday classes
because of Easter weekend holiday your fee is
\$140**

To guarantee your preferred class place for Term 1 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 and is 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.

TESTIMONIALS

We have had some nice feedback in texts and emails from some of our students who have had to undergo surgery lately.

“I truly believe my Pilates practice put me in such a good position to deal with the rehabilitation. No issues getting into/out of bed, my balance is good so I can be careful but confident, and the shoulder mobility exercise all make sense” Rachel

“Truly glad of my Pilates, Kate, since to get around all weight is on one leg while I hop using a supportive frame, good for balance!” Sue

“After my accident on a tramping club trip involving a helicopter evacuation, I would like to thank everyone at Nelson Pilates for your help. After my surgery you had the equipment, knowledge, and experience to get me on the road to recovery. A fine line between doing the required strengthening while maintaining length and balance in my whole body. My years at Nelson Pilates prior to the accident has also given me a headstart in dealing with this, thanks again” Tony

THANK YOU FOR YOUR CONSIDERATION

Washing your hands before and after class because we use shared equipment and also using a personal mat to overlay the studio mats all help to lower the chances of picking up infection.

We have the windows open on good days and always have the air purifier running.

We really appreciate your consideration in staying away from the studio when feeling unwell, please keep this up next Term to help prevent infection in our pilates community.

We do our best to replace your missed classes within the Term so please don't come to class with coughs and sneezes.



♥ **To all our Pilates Nelson students** A heartfelt thank you for your dedication, positivity, and trust in us making this year something truly special.

We've loved watching you grow stronger, move with more ease, and bring such great spirit into every class.

As we head into the summer holidays, we wish you a well-deserved break filled with sunshine, rest, and fun.

Enjoy the pause — we look forward to welcoming you back next term and continuing the good work together.

*Wishing you all a very Merry Christmas and our best wishes for
2026!*

Love and light, and movement for life.

Kate and Dave xx

