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in now!

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Standing classes
using weights
and resistance

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TERM 4 DATES



NEWSLETTER

Future-Proofing Your Body

We might think about future-proofing our homes, our finances and our technology—but what about our bodies?

At Pilates Nelson, future-proofing your body isn't about trying to stop ageing or becoming the person you were 20 years ago. It's about giving your body the best possible foundation for the years ahead.

Strength, balance, mobility, coordination and confidence don't happen by accident. They are qualities we can continue to develop throughout our lives—and Pilates provides a wonderful way to do exactly that.

Our classes are designed to help you move with greater awareness, build functional strength and maintain the mobility that allows you to enjoy everyday life. Whether it's getting down to the floor and back up again, carrying the shopping, walking confidently over uneven ground, travelling, gardening, playing with children or grandchildren—or simply feeling good in your own body—these are the things we're really training for.

And future-proofing isn't just about the physical. Coming to Pilates Nelson means making time for yourself, learning something new, connecting with others and continuing to challenge your brain as well as your body.

We can't predict what the future will bring, but we can prepare for it. So perhaps the best time to start future-proofing your body isn't when you need it—it's now.

Pilates Nelson — we're here to help you stay strong, mobile and confident for life.

Studio News

Holiday classes

During the holiday break between magic shows in the North Island, Elise will be teaching holiday classes on Tuesdays and Dave will teach on Thursdays. This is a good opportunity if you have been away travelling during the term or you'd just like to keep your practice going over the break. Please make sure you register and pay before the end of the Term.

Open Pilates Tues 29th Sept 12pm and 5.30pm

Open Pilates Thur 1st October 12pm and 5.30pm

Open Pilates Tues 6th October 12pm and 5.30pm

Open Pilates Thur 8th October 12pm and 5.30pm

Please register with Kate, Dave or Elise and pay before the end of Term to secure your spot. **\$20/class**

Relax and Reset Classes for Term 4

(Always the first Friday of the month within the Term)

-Friday 6th November and Friday 4th December 4.30-6pm.

Wind down by gently releasing muscle tension and joint stiffness through limbering, myofascial release and gentle stretches, followed by a guided meditation to quieten and relax body, mind and soul.

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 so please get your name down quickly. The price for the 90 min session is \$30.

A lovely way to restore yourself and start your weekend feeling relaxed.



WELLNESS PACKAGE Term 4 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.

Red Light Therapy is a lovely therapy at anytime of the year to help you unwind and relax, 20 mins of peaceful bliss..... sessions can be very helpful to help re-energise the mitochondria in your cells to help fight inflammation and viruses and to be in your best health.

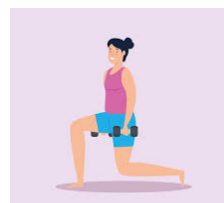
Does red light therapy actually work? <https://www.rnz.co.nz/life/wellbeing/does-red-light-therapy-actually-work>

This article was transcribed from a recent interview with a Dermatologist on RNZ.

The Red Light Therapy studio will be on reduced hours over the holiday break until the start of the new Pilates Term.

STRONGFORM PILATES

Strong muscles, Strong bones, Strong future



We all know the importance of retaining muscle strength and bone density as we age. This class is a great addition to your pilates practice, it's challenging and fun, and I recommend you give it a try. Elise will give you options and guide you to build and then maintain your strength. It never gets easier, it just gets better!



StrongForm Pilates

Wednesdays 9am and Thursdays 5pm

TERM 3 ENDS Saturday 26th September and the studio will take a 2 week break

TERM 4 DATES & FEES

Term 4 is a 10 week Term

Monday 12th Oct — Saturday 19th Dec

Term fee is \$200

(Labour Weekend is Oct 24,25,26th therefore the

Saturday and Monday classes are a

9 week Term \$180)

To guarantee your preferred class place for Term 3 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.

THANK YOU FOR YOUR CONSIDERATION

We have had many students returning from travels with colds and flu. We have really appreciated your consideration in staying away from the studio when feeling unwell, and wearing facemasks for lingering coughs. We do our best to replace your missed classes within the Term so please keep this up to help prevent infection in our pilates community.

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 also have the windows open as the weather allows and always have the air purifier running.



To all our Pilates Nelson students Most of you will know that my parents passed away last summer. We are to have a family wake at Mokonui on the West Coast during the first weekend of the holiday break. They will be laid to rest (or scattered to the wind) on the Denniston Plateau overlooking the coast where they lived for a number of years. It has been a mission to organise, but I will be glad to spend time with my family and celebrate my lovely Mom and Dad.

Meanwhile the days continue to lengthen and daylight savings is nearly upon us bringing the promise of the summer to come. We look forward to returning to the studio for the final Term of the year, refreshed and renewed, and ready to continue the good practice together.

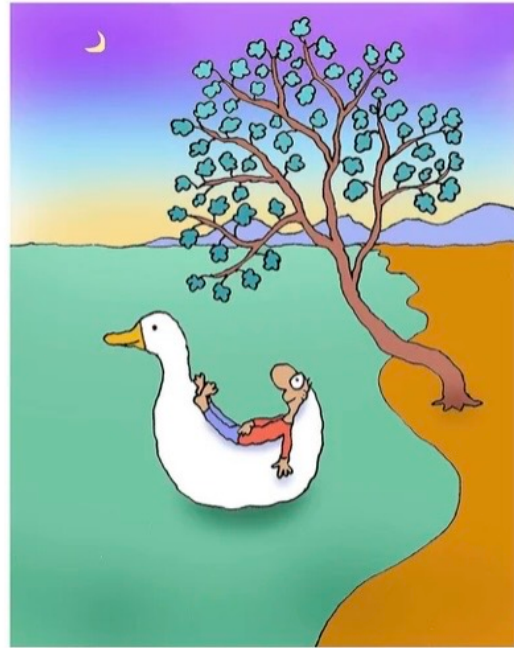
Love and light, and movement for life, ❤️

Kate, Dave and Elise

JOMO (Joy of Missing Out.)

Oh the joy of missing out.
When the world begins to shout
And rush towards that shining thing;
The latest bit of mental bling –
Trying to have it, see it, do it,
You simply know you won't go through it;
The anxious clamouring and need
This restless hungry thing to feed.

Instead, you feel the loveliness;
The pleasure of your emptiness.
You spurn the treasure on the shelf
In favour of your peaceful self;
Without regret, without a doubt.
Oh the joy of missing out.



Leunig