

Love Pilates Newsletter 2010



LOVE PILATES

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November 2010



New for 2011 Zumba Dance Fitness Class

OVERVIEW OF 2010

It has certainly been a very busy 2010 and I hope that you all have thoroughly enjoyed your classes this year. One of my major achievements was to gain my NVQ Level 3 Pilates Teacher award. Thanks to all of you who helped me achieve this.

Below is a round up of 2010 and what to look forward to in 2011.

What is the Power Ring?

Following the 1910s when Joseph Pilates created his exercise system, he invented several pieces of apparatus and accessories, including the Magic Circle, or Pilates Ring. Historical information from Balanced Body Pilates notes how early Pilates equipment was constructed of hospital beds and springs. Legend has it that his first rings were made from whiskey barrel bands. Today, they are smooth metal circles with cushions at the sides, which are easy to use at home for arm exercises.



From July 2010, the Pilates Power Ring was introduced to most of the mat classes to add a variety to the pilates workout. The Ring is a sprung circle steel measuring 13 to 14 inches in diameter and weighs about 1 kg. It is used as a resistance-training tool to supplement your pilates workout. By squeezing the circle between your legs or hands you work your thighs, chest or upper arm muscles to develop strength and muscle tone.

Those of you who have been using it have experienced a variety of ways of using the ring to enhance your pilates workout and you will notice that your body shape may have changed over the last few months.

Venue/Hall Change

I hope you all agree that moving the classes from the Aldreth Village Centre and into the main hall at the Arkenstall Centre has made such a difference space wise. It has also made it easier to fit those of you in who have missed classes.

Step and Circuit Class

The **Step and Circuit class** has grown in size to a regular 15 people attending every week.



The class format is warm-up, easy Step routine for 30 mins, body conditioning and then circuit type work (including hula hoop, skipping, interval runs). Those who attend the class are certainly feeling a lot fitter, more toned and leave the class "glowing!". If you want to join this class or come to try it then let me know as there are only two spaces free.

So what have you got to look forward to in 2011?

2011 ZUMBA DANCE CLASS

Why and what is Zumba?

Zumba has taken the place of aerobics and it is one of the fastest growing fitness trends of 2010. It is suitable for all age types, has received great reviews and most of all it is FUN! We don't want to be left behind in our area so we need to get partying!

This class is an easy to follow dance based class—and best of all you don't need a partner! You will learn how to dance to inspiring music, have great fun, sweat and leave with a smile on your face.

History of Zumba

Celebrity fitness trainer, "Beto" Perez, stumbled upon the concept of Latin-inspired dance-fitness in his native Cali,

Colombia in the mid-'90s.

One day, he walked into his aerobics class and realized he had forgotten his aerobics music. Thinking quickly, he grabbed whatever tapes he had in his backpack. Beto's tapes were comprised of songs he loved, the traditional Latin salsa and merengue music he listened to all his life. But it was a challenge to improvise a whole class on the spot using non-traditional aerobics music. Beto rose to the challenge and from this last-minute improvisation a revolutionary new concept in fitness was born – the Zumba Fitness-Party™! The class soon became the most popular class at his fitness facility.

In this class you will learn the steps to four basic rhythms (merengue, salsa, cumbia, reggaeton) and then put these steps together into a song.

Zumba 'Come and try it taster class'

There will be a Zumba 'come and try it class'. If you bring a **NEW** friend to the class then your class will be £2. The cost of this taster class is £4. The taster class will be on the following dates:

Mon 13th Dec 7pm (Hadd)
Mon 20th Dec 8pm (Hadd)
Tues 14th Dec 7.15pm (£3.50) (Milton)

The timetable on:

Mon 13th December—Haddenham

Ball Pilates 6 to 7pm
Zumba Fitness 7 to 8pm
Ball Pilates 8 to 9pm

Mon 20th December—Haddenham

Ring Pilates 6 to 7pm (depends on no's)
Ring Pilates 7 to 8pm (depends on no's)
Zumba Fitness 8 to 9pm

Tuesday 14th December—Milton

Ball Pilates 6.30 to 7.15pm
Zumba Fitness 7.15 to 8pm (£3.50)
Mat Pilates 8 to 9pm

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If you do ball/Zumba or Zumba/mat on the same night just pay £2 for the Zumba class.

New Timetable

The next challenge is what to change to fit it in. Questionnaires will be handed out to gauge your reaction to different ideas in class time changes. Your input is very much desired as I do need your help with this one.

I would like to have a 45 minute class on Monday and Tuesday nights to start with. (Wednesday/Thursday nights/Sunday morning—yet to be decided and due to demand). Let me know what you think.

Website

Finally the **website**— the website has expanded over the year and is regularly being updated. Please do check it for class timetables, cancellations (in the winter especially

for snow) and it will also give you ideas about keeping fit. I am in the process of adding a new clothing page where this gives you pictures of the different types of t-shirts, hoodies and fleeces available. If you would like a different style top then do ask as there are lots of different styles available.

On the website there are places for you to post your comments on the classes, so please do.

If you would like any other information added, then email me: liz.dolman@lovepilates.co.uk

Love Pilates Clothing, Equipment, DVDs and more....

Clothing

As you know, I have been getting your reaction to the new logo colours and will be having some **T-Shirts (fitted and loose), Hoodies and Fleeces** printed with the Love Pilates logo on— grey/purple, lime/purple, cerise/purple.

They will be in white or black with long arms or short arms. Sizes will be small, medium, large or x-large. The size that I currently wear is a medium for both t-shirt (fitted) and fleece. If you prefer a different shape/style t-shirt, hoodie, fleece or other type of top then visit <http://www.talkingts.co.uk/products.htm> and view the online catalogue. Then let me know what you would like (remember the product code).



Both the Hoodie and the Fitted Long Sleeve T-Shirt are 95% cotton and 4% elastane.

The Long Sleeve Boat Neck T-Shirt and Heavy Cotton T-Shirt are both 100% cotton. The t-shirt is long in the body than the fitted one.

Many of you have been asking me about the **purple fleece** that I wear and can you have one. Again, I will be taking orders for these and they come in the same sizes as the T-Shirts—but with Love Pilates embroidered on the front. Order forms will be handed out in the next few weeks.

Mats/Weights/Power Ring/Ball Straps



The **Core Pilates Mats** are 10mm, full body length come in two colours—black/blue. They are lightweight and lovely and spongy. Included in the price of £18 is a carry strap. A decent mat does make a difference—ask the people that have got them!

Weights are also available in 1kg, 1.5kg and 2kg sizes— ask me for prices

Ball straps are £4 each (need two for a ball 65 cm or over)

Power Rings are £16 or £19 depending on the style

Mat and Ring DVD's for sale

During 2010 I videoed a mat and ring class. If you would like a copy they are £4 each. I am in the process of videoing some new routines for 2011 so take a look on the website.