**Term 1 Newsletter 2018**

*Welcome back!*

What a great start to 2018!! We’ve loved the energy you’ve been bringing and already we’re seeing some great results. Using the barre has made classes that much more challenging, and using music has added an extra element of fun and fitness. Our focus remains on the core principles of Pilates, with correct core activation and connection to deep breathing at the centre of it all. We love seeing your enthusiasm and commitment to bettering yourselves every week.

*Prenatal Pilates*

These classes are currently on hold but will hopefully recommence soon, depending on interest and instructor availability. Please feel free to pass on our details if you know of someone who may be interested in doing these classes.

*Advanced Pilates*

We loved pushing the boundaries in this fast paced Pilates class. If you are interested in trialling a term of advanced classes, please let us know and we’ll get it back on the timetable!

*New Facilities*

We now offer not only a beautiful sauna and changing room, but also a brand new shower! Please feel free to make use of these facilities after your Pilates workout.

*Private Sessions*

We encourage all regular Pilates clients to do a one-on-one session at least once every six months to check technique and help improve your Pilates performance to gain the best results. Contact Tracy to book your private session.

*Pilates Gear*

Want to look the part? Our Pilates grip socks and t-shirts are for sale (at a great price). Grip socks will help you ground strongly onto your mat, so you can focus on the exercise at hand.

*House-Keeping*

We would like to ask that you please wear socks during classes - we want to keep our mats clean for everyone. If you forget your socks, we have some there for you to borrow.

Also a friendly reminder to park in the allocated parks outside the studio between 8-5pm. If all the spots are taken, please park on Devon Street so we don’t upset the residents around us.

*Your Feedback*

We always welcome your feedback and strive to make the studio the ideal place for YOU to be the best you can be. Tell us if you have ideas for classes, equipment you like to use etc., and we will our best to make it happen! It is YOUR studio.