



Message from Kimberley & Heather.....



As the winter months fall upon us it is important to keep the body moving for your physical and mental health. It is a well proven theory that during the colder times of the year our mental health suffers. To avoid feeling the winter blues all you need to do is move more; and well, we would recommend PILATES! Yes not only is Pilates our business but Pilates fires the body on all cylinders. Pilates will pump blood to the muscles, massage your organs, invigorate the body, excite the mind with endorphins released through movement and keep your body supple, toned and tremendous. As we are aware that it is sometimes easier to stay committed if you have a friend, we are offering you and your new Pilates friend a \$10 discount each. We look forward to seeing you

IT'S A BOY

NICOLLE VAN SCHIE

OUR BEAUTIFUL SATURDAY INSTRUCTOR

GAVE BIRTH TO A WONDERFUL BOUNCING BOY.....

I know she is looking forward to coming back and seeing you all soon.....

IMPORTANT DATES:

Thursday 29 June—Wakehurst School evening classes will not be held. The school requires the hall. We will run the 2 weeks of school holidays instead.

Saturday 8 July— Last day of Pilates term except for Thursday 13th will also run; makeup classes welcome.

Monday 17 July—Start of term 3.

Saturday 23rd September—Last class of term 3.

Monday 16 October—1st day of term 4.

Saturday 23 December—Last day of term 4.

Holiday classes will run (dates and times to be arranged at a later date)

FACTS

EXERCISE DECREASES THE RISK OF DEMENTURE.....

MOVEMENT IMPROVES ARTHRITS; "IF YOU DON'T MOVE IT YOU LOSE IT...."

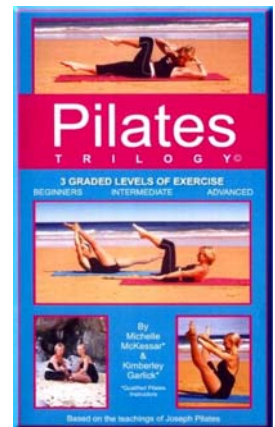
PILATES IMPROVES THE PELVIC FLOOR MUSCLES AND THEREFORE YOUR SEX DRIVE.....

JUST BECAUSE YOUR NOT THIRSTY DOESN'T MEAN YOU'RE NOT DEHYDRATED.....

SPECIAL NOTICES

INTRODUCE A FRIEND TO PILATES ROOM AND YOU WILL BOTH RECEIVE \$10 OFF YOUR TERM FEES.

FILL YOUR CLASS CARD AND BE IN THE RUNNING FOR OUR CLIENT PRIZE..... Read the newsletter for more information.



Order your training video online now. Visit www.pilatesroom.com.au

PILATES KEEPS YOU YOUNG

**COMING SOON
AUGUST 1, 2006**

**WE ARE OPENING A
PILATES STUDIO**

IN BELROSE

**FOR PRIVATE AND
SMALL GROUPS ON
THE PILATES
EQUIPMENT.....**

Heather Roudenko
—you legend!



PILATES
STRENGTHENS FROM
THE INSIDE OUT.

THE INTELLIGENT WAY
TO EXERCISE!

WIN A TERRIFIC PRIZE JUST BY ATTENDING

COME TO CLASS AND WIN...

To motivate you, our valued clients we are offering you the chance to win a Pilates Mat and DVD just by showing up. All you need to do is fill your attendance card and then you will automatically go in the draw to win the prize. Each term we will offer something to reward your efforts. Please give your completed card to your instructor whom will enter you into our end of term draw. The winner will be notified personally and announced in our newsletter. Good Luck and we look forward to seeing all those squares signed off.

GET FIT FOR SKIING

OR

Just get fit for fun.....

As we have a few keen skiers amongst us I thought the mention of a some effective exercises could assist the bodies endurance to enjoy the slopes for longer without the day after ache.

PILATES STUDIO

LOCAL TO YOU

RALSTON AVENUE

**ENJOY THE BENEFITS OF
ONE ON ONE OR SMALL
GROUPS TO
COMPLIMENT YOUR MAT
CLASSES.**

IMPORTANT NOTICE

ALL MIMOSA CLASSES

**WILL BE HELD IN A
DOUBLE CLASSROOM
AS OF TERM 3**

**STILL ON THE SAME SCHOOL
GROUNDS**

**WE FEEL THIS WILL BENEFIT
OUR PARTICIPANTS AS
THE HALL CAN BE A LITTLE
DISORGANISED DUE TO
SCHOOL COMMITMENTS**

ENJOY!!

1. Roll down x 8
 2. Wide Pilates squat up against a wall where you can feel your head, shoulders, ribs and bottom against the wall; hold for 30 sec and repeat 5 times.
 3. Set of hundreds
 4. Set of criss cross x 8 each side
 5. Saw x 8 each side
 6. Kneeling Hip flexor stretch
 7. Standing Side stretch
 8. Standing hamstring stretch
Place your leg, parallel, on a chair (a table for the more flexible) keeping your hips square reach forward and hold for 1 minute.
 9. Finish with roll downs.
- REPEAT THIS WORK OUT AT LEAST 3-4
TIMES A WEEK

LOOK FABULOUS FOR SUMMER—START TODAY

ACHIEVE A SLIMMER WAIST WITH PILATES AND NUTRITION.....

It is important to keep your diet healthy and in control along with your exercise. As a qualified nutritionist I offer this advice to assist those who want to shed a few kilos and come down a belt notch or two.

Your metabolism is the key to success and we can assist you fire up your metabolic rate with exercise and food.

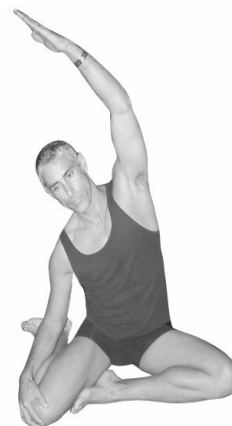
It is important to exercise often. Try to attend more than one Pilates class a week and walk at least 2 times a week. Or try doing the DVD at home a couple of times a week. When you are in your Pilates class you want to challenge your muscles; in other words you need to feel it working. When you are walking challenge your pace and choose a hill or some stairs. The fitter you become the more muscle you create and the more muscle you have the more calories you burn. Therefore the food you consume is more likely to be burned as energy rather than be stored in undesirable places.

Ideally try to walk in the morning, this is the optimum time for burning excess body fat; try to walk for a minimum of 45 minutes.

When you attend your Pilates class try to have a piece of fruit prior to coming (1 hour before is ideal). If you attend evening classes avoid going home to a large evening meal.

STEPS TO ACHIEVING YOUR GOAL.....

1. **NEVER SKIP BREAKFAST— TRY TO HAVE A HIGH FIBER BREAKFAST.**
2. **ALWAYS HAVE MORNING AND AFTERNOON TEA FRUIT IS IDEAL FOR THIS—TRY TO AVOID TOO MANY COMPLEX CARBOHYDRATES (BREAD, PASTA AND RICE)**
3. **DRINK A MINIMUM OF 2 LITRES OF WATER PER DAY THIS WILL ASSIST WITH FLUID RETENTION AND HELP THE BREAKDOWN OF FOOD.**
4. **THINK OF LUNCH AS YOUR MAIN MEAL**
5. **IN THE EVENING MAKE THIS YOUR SMALLEST MEAL OF THE DAY. IF YOU GET HOME TO LATE TRY TO MISS DINNER OR HAVE JUST VEGETABLES OR SALAD. IDEALLY YOUR METABOLISM WILL BE FIRED UP FROM THE DAY AND YOU WON'T BE TOO HUNGRY**
6. **NEVER PICK, EVERYTHING YOU EAT PUT ON A PLATE AND SIT TO EAT**
7. **STAY AWAY FROM OBVIOUS FATTY FOODS AND TRY TO EAT ONLY NATURAL**
8. **LIMIT YOUR TAKEAWAY TO ONCE A FORTNIGHT**
9. **HAVE LOW FAT MILK AND SKIM COFFEE'S IN A NORMAL LATTE YOU ARE AT ABOUT 9 GRAMS OF FAT.**



The Mermaid an excellent exercise to stretch through the upper body, open through the hips and stretch the quadriceps.

SLIM DOWN FOR SUMMER

EXERCISE AND EAT YOUR WAY TO A TONED BODY....

LIMIT YOURSELF TO 30 GRAMS OF FAT PER DAY

EXERCISE OFTEN

**DRINK 2 LITRES OF WATER
GOOD LUCK**



PILATES ONE ON ONE

KEEP POSTED

MORE INFORMATION TO COME IN TERM 3
PILATES ON THE EQUIPMENT WILL ENHANCE AND
IMPROVE YOUR WORKOUTS.....

DO YOU LOVE THE OUTDOORS?????

IF YOU OR YOUR CHILDREN LOVE HORSERIDING
YOU MUST VISIT HIDDEN VALLEY...

MY FAMILY AND I HAVE BEEN MEMBERS OF THIS
AMAZING PLACE FOR 3 YEARS AND

HIGHLY RECOMMEND IT.

HIDDEN VALLEY HAS BECOME OUR HOME AWAY
FROM HOME

HORSE TRAILS SUITABLE FOR ALL LEVELS AND
MUCH MORE.

FOR A FREE WEEKEND VISIT THE WEBSITE

Www.hiddenvalleyau.com.au

PILATES IS GREAT FOR TEENAGERS

If you have a teenager whose posture is looking unusual have them try Pilates with you. Pilates can assist not only their posture but may also improve their confidence as they become stronger in their body. Children who exercise are mentally more prepared for the worlds challenges during these trying years. As children grow through the teens their bodies may not keep up with them and become tight and awkward. Pilates will improve their flexibility, coordination and core strength to assist their everyday movement. We would like to offer all teenagers a discounted rate of \$120 for the term this will be a limited offer for term 3, 2006. We hope to meet your family.....

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ENJOY ANOTHER SIDE OF PILATES IN
OUR COMING STUDIO