



Spring is Coming! Really!

News from The Pilates North Team

*Pilates North
Newsletter*

For your
enjoyment...

News from the
Pilates North Team

Inspirational
Moment

Rebounding
Benefits

Instructors
Corner

Good Health
Recipe

2011 is now in full swing. We've had some blistery cold and large dumps of snow with some beautiful sunny and warm weather dispersed in-between. The days are getting longer and we can glimpse spring around the corner - well, maybe down the street and then around the corner.

We are coming to the end of the current session. Classes are getting more challenging as the exercises are incorporating more movements and more reps to strengthen and challenge those muscle groups. We have now opened registration for our next session so if you want to ensure your spot please give us a call to sign up for your favorite classes.

Our new schedule for the next session is now on the website. It starts on Feb 28 and runs for 9 weeks. The studio will be closed for the Easter holidays from Good Friday on April 21 to Easter Monday returning to the full schedule on Tuesday April 25. As such, Friday, Saturday and Monday classes will run for 8 weeks only. We have included a copy of our new schedule for your perusal.

Our combo classes continue to be popular so we have added a couple more to our schedule. We have also upped our cardio component by incorporating the rebounder into some classes. The rebounder is a fantastic way to elevate your heart rate within a very short time. The combo TRX/rebounder class combines cardio with the strength component. As one of our clients states, "it's a full body workout with great variety and the only class where I sweat that much. It feels so good when you're done." The benefits of rebounding are many so we have included some interesting information in our newsletter.

As always, if you are interested in a specific type of class that you don't see on our schedule or that is not offered at a time that works for you, please let us know. Often, if we get enough interest, we can add, change or modify classes.

Inspirational Moment....

"Success seems to be largely a matter of hanging on after others have let go."

William Feather

This saying holds true with your fitness journey. After the initial goal setting and determination, it's very easy to get off track. Just "*hang on*" and success will be yours.



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Rebounding Benefits

As quoted by NASA, exercise on a rebounder is *"the most efficient and effective exercise yet devised by man."* Studies show a person can burn more calories rebounding for an hour than jogging. However, rebounding is more than just a good cardio workout. It stimulates all internal organs through the forces of acceleration, deceleration plus gravity. The acceleration portion (or upward bounce) plus the deceleration (downward bounce) against gravity creates resistance at the cellular level resulting in the strengthening of individual cells. Furthermore, rebounding increases lymphatic circulation and drainage as the up and down motion effectively opens and closes the valves.

An hour of rebounding can be very intense so our combo rebounding/reformer or rebounding/TRX is a great way to effectively burn calories and strengthen the muscle groups in a single class. Get the benefit of the calorie burn of jogging in a low impact, fun manner. Bounce to the beat!

Instructor Corner

Our team of instructors are always expanding and increasing their knowledge about health and wellness. They are constantly looking for the latest information in order to provide you with the best training experience.

To further strengthen the knowledge base of our team, the following training has been completed in the past 2 months. Anastasia has just completed her Stott Pilates Chair training. The chair is one of the more difficult pieces of Pilates equipment. Anastasia will gradually be introducing this piece of equipment into specific client sessions based on their goals and needs.

Andrea has completed her Stott Pilates ISP (Injuries and Special Population) training. This training assists instructors in identifying specific body issues with clients and those who are post rehab.

Laura, in her continued journey of specialization in post rehabilitation has completed a myofascial release course with small balls from Anatomy Trains and The Kathleen Keller Method. Myofascial release helps to keep the fascia supple and mobile which in turn helps our bodies find our 'ideal posture'.

Good Health Recipe

With February being 'heart month' we have included a heart healthy but yummy and simple recipe the whole family can enjoy.



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Decadent Chocolate Pudding

(gluten free and kid friendly)

½ cup quinoa flour
1 ½ cup water
1 cup semisweet chocolate chips
1 cup ricotta cheese

Combine flour and water in a medium sauce pan on medium heat. Stir constantly until the mixture is thickened and the water has been absorbed (3-5 minutes). Don't worry if lumps form because they will disappear later. Remove from heat and add chocolate chips and stir until melted. Stir in ricotta. Use a hand blender or food processor to puree mixture until smooth. Pour into dessert bowls and refrigerate until chilled.

From "Quinoa 365" by Patricia Green and Carolyn Hemming a fantastic cookbook