



Last Chance Workout



News from the Pilates North Team

*Pilates North
Newsletter*

For your
enjoyment...

News from the
Pilates North Team

Inspirational
Moment

Showcasing...
Anastasia

Instructors
Corner

Good Health
Recipe

This is our 'Last Chance Workout' newsletter, as the warmer weather beckons us we move from inside activities to outside activities. To that end, we have added a few more high energy classes to get ourselves ready for our summer wardrobe.

Introducing 'Fitness Kickboxing' to Pilates North. Fitness kickboxing is a tremendous core, arm and leg workout with the added benefit of some basic self defense moves. This is kickboxing without sparring. It will be one of the most fun, motivating and challenging workouts that you will experience. As always, we incorporate the Pilates principles into the exercise regime to ensure that you exercise in a safe manner. Hand wraps are mandatory and will be included in the price of the class. Gloves will be provided and we are currently sourcing a supplier for kickboxing gloves so that you have the option of purchasing your own.

In addition, with some of our TRX classes, we have included a cardio component by incorporating the rebounders. This interval training workout has both an aerobic and anaerobic element which provides the optimum workout according many fitness experts. Rebounding and TRX are both mentally and physically challenging. This entails a lot of co-ordination so you are focused for one hour on the exercises and movements...you can't write your grocery list in this class.

Our new schedule for the next session is now on the website. It starts on May 2 and runs for 9 weeks. Our Saturday 10:30 rotating class is a go and if we get more interest in the Saturday 9:30 class we will run that one as well. The studio will be closed for the Victoria Day weekend from May 21 to May 23.

Registration is now open to all clients. Please give us a call to sign up for your favorite classes. We have included a copy of our new schedule for your perusal. Don't forget that the studio will be closed for the Easter weekend.

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....

"Plunge boldly into the thick of life, and seize it where you will, it is always interesting.

Johann Wolfgang Von Goethe

Showcasing Anastasia Hendryanto

We have an amazing team instructors who have a broad range of training and experience. They share their knowledge and are constantly communicating with each other to provide the best and safest workouts for our clients. We will show case one of our instructors every newsletter so that you will get to see a side of them that is beyond their biography on our website. We begin with Anastasia.

Anastasia is the epitome of a 'sunny' disposition. Her smiling face combined with those sun kissed curls always makes people smile with her. She has a thirst for knowledge which is evidenced by her 2 degrees – Bachelor of Physical Education and a Bachelor of Education. She is CanFit Pro certified for Personal Training, has her certification in Spinning, TRX and is also STOTT Pilates certified in Mat and Reformer. She has recently completed her training in STOTT Pilates Stability chair and is interested in Fitness kickboxing. In addition, she has her certification in Holistic Nutrition. Anastasia has a passion for healthy living, the outdoors and vegetarian food. She loves running, cross-country skiing, snow shoeing and hiking – everything outdoors but camping.

As an instructor, Anastasia is always prepared and spends time developing different, challenging and well- rounded programs. She loves teaching TRX for its versatility. She is a strong proponent of interval training and the TRX provides her an avenue for her creativity, knowledge and expertise. She wants to focus more on small group personal training of 2 – 4 people with an infusion of the Pilates principles. She believes that partner training is an ideal way to train as it provides a solid support system for the participants in a cost effective manner. Watch for some opportunities on our schedule for small group personal training with Anastasia. You will love working with her.

Instructors Corner

The instructor corner is where we acknowledge our instructors passion for continuing education. It is our opportunity to ensure that you know that we are serious about providing you with the best training possible.

Andrea has completed her Fitness Kickboxing certification. We are excited to bring Fitness Kickboxing to our studio. It is an amazing workout and for those of us who have tried it, we are surprised that punching is so much fun.

Kristy has been in United States for the last 6 months. She has taken numerous classes in different Pilates methods and plans to introduce her new knowledge and routines into her classes. Welcome back, Kristy!

Britanny, our office manager, is a dance instructor. She has just completed her Zumba certification and we will be offering some Zumba classes in the near future.

We end our newsletter on a sad note for Pilates North. Monique and her husband are moving to Toronto as of May 1st. We feel fortunate to have had Monique part of our team for the past 2 years. We are sorry to see her go but wish her well in Toronto. So long Monique...until we meet again

Good Health Recipe

Spring seems like the beginning of salad season with the arrival of fresh vegetables from the farmers markets. So our recipe this month is a very versatile salad recipe.

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Dressing

- ½ cup chicken broth
- 1/3 cup hoisin sauce
- 2 tbsp reduced-sodium soy sauce
- 2 tbsp seasoned rice vinegar
- 1 tbsp toasted sesame oil
- 1 tbsp grated gingerroot
- 2 tsp grated orange zest
- 1 tsp minced garlic
- ½ tsp each salt, freshly ground pepper and crushed red pepper flakes

Salad

- 8 oz uncooked whole wheat spaghetti
- 1 lb chicken, sirloin steak or prawns (omit meat for a vegetarian salad)
- 2 cups small broccoli florets
- 1 cup thinly sliced red bell pepper
- 1 cup peeled, seeded and diced cucumber
- 1 cup frozen green peas or fresh snow peas
- ½ cup chopped green onions
- 1/3 cup chopped fresh basil leaves

- Whisk together all dressing ingredients in a small bowl and refrigerate until ready to use.
- Cook spaghetti according to package directions. Drain. Rinse well with cold water and drain again. Transfer spaghetti to a large salad bowl and toss with remaining ingredients. Add dressing just before serving and toss again.

Per serving (6 servings)

Calories	total fat	saturated fat	protein	carbs	fiber	sodium
340	7.6 g	2.1 g	25 g	46 g	6.3 g	610mg