

## Summer Course

Monday – Rowledge Village Hall **27<sup>th</sup> July, 3<sup>rd</sup> and 10<sup>th</sup> August**

**7.15pm** – Beginners 3 weeks course £26

**8.15pm** – Improvers 3 weeks course £26

Tuesday – Bourne Club **28<sup>th</sup> July, 4<sup>th</sup> and 11<sup>th</sup> August**

**9.30am** – Improvers - 3 week course £26

**10.30am** – Beginners – 3 week course £26

**7pm**–Improvers, **8pm** – Beginners – 3 week course £26

Wednesday- Rowledge Village Hall **29<sup>th</sup> July, 5<sup>th</sup> and 12<sup>th</sup> August**

**7.15pm** – Improvers 3 weeks course £26

**8.15pm** – Beginners 3 weeks course £26

(The summer course is a good opportunity to bring a friend to try Pilates out. If you bring a friend your course will be reduced to £21 (£5 off - only to current clients!)

## Autumn Classes

Monday – Bourne Club **7<sup>th</sup> Sept – 14<sup>th</sup> Dec** (exc 26/10)

**9.30am** – Beginners 14 weeks course £114

Monday – Rowledge Village Hall **7<sup>th</sup> Sept–14<sup>th</sup> Dec** (exc 26/10)

**1.30pm**- Beginners 14 week course £114

**7.15pm** – Beginners, **8.15pm** Improvers 14 weeks course £114

Tuesday – Bourne Club **8<sup>th</sup> Sept – 15<sup>th</sup> Dec**

**9.35am** – Improvers, **10.35** Beginners 14 weeks course £114 (exc 27/10)

**7pm**–Improvers, **8pm** Beginners 10 week course £82

(exc 15/9, 20/10, 27/10 & 17/11, 15/12)

Wednesday- Rowledge VH **9<sup>th</sup> Sept – 16<sup>th</sup> Dec** (exc 28/10, 18/11)

**7.15pm** – Improvers **8.15pm** – Beginners 13 weeks course £106

Thursday – Bourne Club **10<sup>th</sup> Sept – 17<sup>th</sup> Dec** (exc 29/10)

**9.35am** – Beginners 14 weeks course £114

Thursday -Rowledge VH **10<sup>th</sup> Sept–17<sup>th</sup> Dec** (exc 29/10, 18/11)

**7.20pm** – Beginners 13 weeks course £106

**8.20pm** - Beginners (ante/post natal) 7 or 13 weeks £58 or £106

## Payment of Courses

**Discount of £8 for early payment (offer expires 25<sup>th</sup> July)**

If you plan to continue onto the Autumn course please let me know by giving me a post dated cheque then your space will be reserved. Late payment charge £5 (if 2 weeks after term starts).

Please either hand cheques to the teacher payable to “Farnham Pilates” or post to 11 Fullers Road, Rowledge Farnham Surrey GU10 4BP.

Or pay by CASH or BACS into Lloyds Bank A/c 00095005, Sort Code: 309320 – quote your name and class day and time. Discount of £2 if you payment by BACS or CASH

**We are looking at running a Pilates weekend abroad. Offering B&B and 2 hours Pilates a day. Let me know if you would be interested. See the September Newsletter for details.**

## Stock

**Farnham Pilates Teeshirts** – at a super price of £7

**Toning Bands** – can be purchased for £5

**Sweaty Betty Trousers** – ¾ or full length from £10 - £22

**FitFlops** – From Jones Bootmakers £30-39 mention Farnham Pilates for 5% disc

## Farnham Pilates Summer Newsletter

**“Physical Fitness is the first requisite of Happiness” JOSEPH PILATES**

Thank you for attending the Farnham Pilates Classes and welcome to the summer newsletter. As you know practising Pilates on a regular basis can help you correct any posture imbalances and align your body, improve your flexibility, coordination, posture and your core stability. Please try and do some of these exercises enclosed over the summer 3 times a week so that your back, neck shoulders stay relaxed and stretched (if you want to increase toning I have bands available). I also have taken a look at all the advantages of MBTs and Fitflops (see inside). Please refer to the back page for all the Summer and Autumn Courses let me know which course you would like to book as soon as possible. If you introduce a friend on the summer course you pay £21 only and there is an £8 discount available if you pay for the Autumn course by 31<sup>st</sup> July.

See below pictures in Ibiza on the recent yoga/Pilates holiday!



## Farnham Pilates Teachers Background and expertise

**Hannah Epps** OCR Level 2 05, Ante-natal course May 06 and Nov 07, Fitness Pilates 07, Pilates Small Equipment 07, Muscle Testing and Functions April 07, Pilates Improvers Future Fit Training –2 days in Sept 07, Pilates Update Feb 08, CPR Course St Johns Ambulance -Sept 08, Pilates Update Bender Balls Oct 08, Lucks Yard Injury and rehabilitation Feb 09. Hobbies – yoga, running, skiing, reading and activities with the kids!

**Carron Wellings** OCR level 2 06, Stotts Foundation of Anatomy and Analysis of human movement. Teaches at Kingsley Centre and Farnham Chiropractic Centre. Hobbies include climbing.

**Heather Carpenter** OCR Level 2 04, now working at Leisure Centres and in the community in Farnborough and Yateley area. Hobbies are cycling and reading.

**Natalie Nicoll** BA Honors in Dance and Culture, and a fitness instructor. Exercise to music OCR Level 1 06 Alan Herdman, ante-natal course 07. Taught at Champneys Health Farm for 2 yrs. Hobbies are dance and fitness.



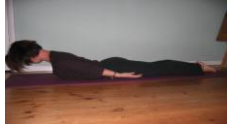
These exercises enclosed are only intended for those people who have attended the course. If you have any pain or change in circumstance e.g. recent injury or pregnancy please stop.

Any questions or personal training required email [Hannah@farnhampilates.com](mailto:Hannah@farnhampilates.com)

## Exercises over the summer break

Activate your core on each in breath. Try and repeat each exercise 10 times.

**1. Dart** – Lie down onto your front, arms at your sides palms facing your body, your neck is long, and legs are together. Breathe in and lift the pelvic floor and tuck your chin in, as you breathe out glide your shoulder blades down your back lengthen your fingers away towards your feet. Keep your feet on the floor and raise the chest and upper body – if you feel any pain in the lower back you are lifting too high. Rise on your out breath then lower. Aim to strengthen the back extensor muscles, the scapular muscles that stabilise the shoulder blades and to work the deep neck flexors.



**2. Deltoid squeeze** – In the above position with hands and shoulders raised from the floor, without bringing the shoulders towards your ears squeeze your shoulder blades together. Aim to rotate shoulder cuffs, stretch chest and lengthen pectorals and intercostals muscles.

**3. Arm Openings** – Lying on your side, knees bent together, arms over to the same side, lift and stretch the top arm above head and rotate body taking the arm over and down to the floor behind you. Keep your shoulders down and stabilised. Aim to open your chest and stretch pectorals.

**4. Oyster / lateral hip opener** – Lying on your side, hips aligned, supporting your head on your arm, with the knees bent, feet together pointing down away from you. Lift and open the top knee keeping feet together. Feel a contraction in the gluteus, don't drop the hip. Lower the knee. Aim is to aid re-alignment of hip rotators (can help reduce sciatic nerve problems) and works gluteus medius and abductors. (Use a band around knees for increased toning)

**5. Side Leg kicks** – Staying on your side lengthen your legs away from you, lift the top leg to hip height and kick forward on your out breath, return the leg in line with the bottom leg - keep lengthening. Aim – lengthen & stretch the adductors and hip flexors.

**6. Shoulder Bridge** – Roll onto your back, knees bent, feet on the floor hip width apart. Breathe in activate your core and slowly curl the tailbone off the floor, breathe out and squeeze your bum. Resting on your shoulder blades, you should be able to see your knees. Slowly curl the spine back down onto the floor. Don't arch the back and keep your neck relaxed. Keep your weight even on both feet. Imagine that your spine is a bicycle chain under tension moving one vertebrae at a time. Aim to mobilise and strengthen back and hip flexors.

**7. Hundred** – On your back, knees bent, feet on floor & hip width apart. Your breathing should be comfortable and wide into the sides of the lower rib cage. Do not lift your head if you have neck problems. Keep your breast bone soft and your upper chest open between the shoulders.

**Level 1** – Breathe in, activate your core and bring one knee up at a right angle to your hip, curl your chest up off the floor; with your arms by your hips, fingers lengthened away, pump your arms up and down for a count of 5, then relax and change knee. Repeat 5 times each leg.

**Level 2** – Breathe in and then on the out breath lift and straighten both legs so that your toes are softly pointing to the ceiling. Then curl your chest off the floor, relax shoulders lengthen your arms and pump them up and down for a count of five. Hold for 10. Aim to emphasize thoracic breathing, improve core stability and work abdominals.

**Stretching** - It is important to stretch after exercising so your muscles do not become tight to improve tasks such as lifting. Stretching improves circulation of blood flow to your muscles to speed recovery after injuries and it promotes better posture by preventing muscles from getting tight and it can relieve stress by relaxing tense muscles.

**Child pose/ Lower backstretch** - kneel on your heels, and lean forward to rest over your thighs and rest your arms along the floor either out in front of you or back by your legs. Let your head relax forward and rest here for as long as you need, breathing deeply.

**Hamstring stretch** – lie on your back and draw one leg towards you, with the leg as straight as possible.

## MBTs / Fit flops by Hannah Epps

The Masai Warriors originally inspired Karl Muller in 1980's when he walked in the Paddy fields barefoot and found it alleviated his back, knees and Achilles tendon problem. So he designed MBTs (Masai Barefoot Technology) to support and roll the foot to help alter the load on the spine and correct your posture. The benefits also claim to tone the muscles giving you a firmer bum and legs as they improve muscle activation by 38% and even while standing the Gluteus and legs continues working at a 9% increase to maintain a centre of balance.



Fitflops were biomechanically designed in May 07 a collaboration between spa-entrepreneur Marcia Kilgore, Biochemists Dr David Cook and Darren James to improve posture. Fitflops use Microwobbleboard Technology in the mid-sole slightly destabilizing the foot and features a fusion of three different types of EVA foam, challenging muscles every time you step, to deliver a workout while you walk.

Sheffield University did a study and concluded MBT's are better for knees, hips and ankles as there is a reduction in strain on the joints. Laura Williams, a Diet and Fitness expert agrees and adds that doing Pilates as well as wearing MBT's or Fitflops encourage the ethos of a good posture and how to maintain it! S. Margo of the Chartered Society of Physiotherapists believes they can help people with stiff backs that have jobs involving a lot of standing and walking. Also independently tested at the University of Salford, by UK Olympic Team lower limb Biomechanist expert Dr. Philip-Graham Smith said, "FitFlops deliver a statistically significant increase in muscle load and activity while you walk in them."

The only negative comments are from an Orthopedic surgeon at St Marys Hospital who says the claims are not supported by much evidence but the rolling instability increases muscular activity but may also increase a strain on the body.

If you have not already bought some the prices range from £30-45, Jones Bootmakers in Farnham have reduced all their Fitflops to £30 or £39. "I love wearing my MBT's in the winter and sometimes run in them, now loving my new Fitflops for the summer." Hannah Epps

