

Autumn 2011

Bodymind Pilates



Special Interest Articles:

- Our Relay for Life Success
- Member Testimonial: Lindsay & Philippa Cairns
- Our own Coffee Card



Chrissy Riddell
Bodymind Pilates Instructor

From the Office

Welcome to our autumn newsletter publication. We have successfully started another year with a delightfully HUGE intake of new beginners. Welcome to our newest members! Our quarterly newsletter will keep you informed about all the things that we Bodymind Pilates members do together, other than your favourite classes! Remember to take down the 'Dates for your Diary' section which is on the back of this newsletter. That way, you won't miss a thing!! And if you have any questions, queries or comments please see your instructor or contact us at the office on (06) 370 1121 or by email to pilates@bodymind.co.nz, we'd love to hear from you.

Thank you for choosing Bodymind Pilates where we are dedicated to providing you with the best health & fitness experience.

Christchurch Relief

Free Bodymind Pilates Membership for Christchurch Refugees

Bodymind would like to extend a free membership to all adults and children who are refugees from Christchurch. This free membership will extend for as long as you are staying here in the Wairarapa, until the day you go back to Canterbury. Members, please spread the word.

Instructor Profile: Chrissy Riddell

Hi I'm Chrissy. I live at home in Masterton with my husband Peter. I have five children, and 15 grandchildren, and they live in Masterton and Blenheim.

I have taught many different types of group fitness classes' over the years, which include high and low impact aerobics & step aerobics and also body combat and body balance classes. I have also worked as a personal trainer...but I really love Pilates, it's so much safer for my body and I can still stay strong and fit.

I love teaching Bodymind Pilates, and if I think I might be getting a bit tough I try to get everyone to laugh, and it softens the blow. We have great laughs in our classes, one of my favourite moves is the roll and when we do it someone usually surprises us ha ha fantastic, I love it.

I teach Intermediate+ on Tuesday at 9.30 am & Intermediate on Wednesday at 5.30 pm and would love to see you in my classes!

Our Relay for Life Success

The Relay for Life effort from our Bodymind members was a great success!! The Mini Market Day raised over \$2400, and we would like to formally thank you all for your hard work, your donations of goodies to sell, and your attendance on the day. The home baking table raised easily the most money, so next time we want to raise money for a cause; that's the best way to do it. Plus there was a few funny stories of some rather put-out family members who saw their home

favourites whisked off to the Market day: only to have those folks buying their own things back!!! Pauline McKenzie has emerged as the Queen of the Bacon and Egg pie!!

The Relay for Life event which was held at the Queen Elizabeth Park in Masterton on the 26 & 27th of February was also a huge success with over \$100,000 raised in total by all teams.

Thank you to all those who participated and assisted with the event. Thank you to all the

team members who walked and walked and walked, clocking up the 100+ laps we achieved, especially those who trudged the early morning hours (Nicki at 2am on return from a dress-up Party! see pic below. Jamie & Anne Clinton Baker at 4am saving our tired Nicki. Kathy AKA 'Be Rough' was on duty non stop providing feet and leg massages for our team, in between walking laps. The team spirit and dedication was very evident. A great bunch of troopers!!

Thank you AJ Dawes from Lamb-Peters Print, for all your help with our fundraising and especially for providing us with your skilfully cooked & delicious paua fritters. They were such a treat. Thank you for your support.



The Team

Back Row. Alison, Leanne, Carolyn, Anne, Alison, Linda P
Linda S and Corrina
Front Row. Kathy *Be Rough*, Laura Dawes and Julie Kidd
Absent: Jamie Clinton-Baker, Dave Morgan & Nicki



Nicki – From ABBA
2am shift. Came stumbling in from an 80's dress-up party. True commitment!

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. ~Plato

Thank you McEntee Hire

Special thanks goes out to Di Maxwell for donating the delightful marquee, and all the bits and pieces that made our site so fabulous. Especially while you were busy providing equipment to be sent down to Christchurch. We appreciate your support.



(06) 378 8889
MASTERTON

Fat Burning – *The Truth*

Bodymind is launching a series of free seminars to run throughout the year. The first seminar, 'Fat Burning - *the truth*' launches next Tuesday, March 8th. Thereafter, the seminars will be the 1st Tuesday in each month. Each seminar is free to anyone (member or not!), and will include a guest speaker whose expertise is related to the topic.

Next week, Tuesday 8 March. Nutritionist Kit Cohr will be kicking off the discussion. Bring your family, friends and workmates. Everyone is welcome. Free Admission.

Members Testimonial



Philippa & Lindsay Cairns from Masterweave Textiles in Lincoln Road Masterton discover Bodymind Pilates...

The discovery of Pilates was when Linda P came into our shop and I commented on how fantastic she looked!!!

"Pilates" she said with great enthusiasm. That was it I had to go and get a body like Linda. Hmmm still trying to though!!

Linda P, Linda, Nicky and Chrissy are my wonderfully dedicated tutors, very patient and tolerant with someone-who "Philippa we have our right leg up not left, Philippa we are facing the window not the mirror". My name is getting called out a little less often these days!! (I'm sure that Linda P has eyes in the back of her head!)

I have become so much more flexible. When I started in November 2009 ***I could barely get my hands past my knees in roll downs, now I can get them touching the floor!!***

Now that's an achievement. And wow party legs too!

I feel I have come a long way. Great for your mind and body. I wonder what I did before Pilates. My only regret is that I didn't take it up years ago. I cannot recommend it highly enough.

And now with the coffee card at Aberdeen what more could you want, great to have the social outings too.

Philippa Cairns

"Pilates for Men!?" I didn't know that real men did Pilates but.....

Now that I am doing Pilates I realise that all those warm up stretches that real men, like the Hurricanes, All Blacks, Rowers etc. do before games are Pilate's moves.

Going to stretching and mind exercises twice a week in my sixtieth year was not what I saw myself doing but..... Philippa coerced me into going along. "A men's class is being started and they need some men to go along and support the fledgling class" So along I went.

It really is beneficial and I can thoroughly recommend Pilates for Men.

I've always had the strength in my arms when reaching, stretching and lifting but the rest of my body didn't always appreciate that strength. Now with Pilates my whole body has stronger core strength and I now reach, stretch and lift with my whole body.

When I get in or out of my sports car in the weekends, I 'm sure I look a lot cooler!

The Linda's do work us but I love what Pilates can do for you.

Lindsay Cairns



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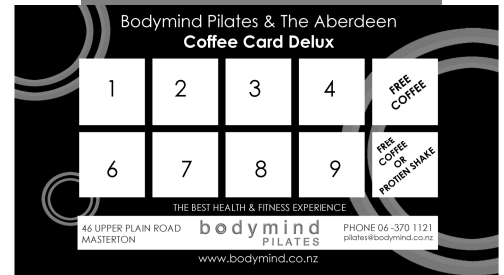
Our Own Coffee Card

The **Bodymind Pilates & Aberdeen combined coffee card deluxe** is the best valued coffee card available. Only after 4 delicious coffees you will get a free coffee and after another 4 you have the option of another free coffee or healthy protein shake. The coffee beans used are the famous and desired MOJO brand and are brewed to perfection. These combined coffee cards are very exclusive and only available to Bodymind Pilates members. If you don't have one and would like one of our coffee cards, please see your instructor.

The launch, which was held at the Aberdeen was a big success with over 30 keen coffee lovers attending, keeping Manager Michelle and her fun team busy serving hot coffee and complimentary nibbles.

Bodymind is excited with our newly formed partnership with Michelle and The Aberdeen. This partnership provides us with our own social venue for you our members and for our social events and functions.

The Aberdeen is also available for private functions. For all enquiries or bookings call Michelle McArthur on (06) 378 6069



Dates for your Diary

Tuesday March 8th	12.00 Noon Seminar: Fatburning – The Truth
Monday March 21st	7.30 pm Beginners Graduation party
Tuesday April 5th	12.00 Noon Seminar: Check whiteboard for topic
Friday April 8th	5.00 pm Easter drinks at The Aberdeen
Friday April 22nd	Bodymind closed for Good Friday
Monday April 25th	Bodymind closed for Easter Monday
Monday May 1st	Term 2 Beginners course starts
Tuesday May 3rd	Seminar: Check whiteboard for topic

Men Only Pilates Tues 11am & Thurs 7.30 pm
Greytown Pilates Tues & Thurs 6.30 pm
Pilates4Kidz Tues 3.30 pm

Bodymind Pilates

'The best health & fitness experience'

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