

Center Your Mind *By Rebecca Kelly*

CORE essentials is an informative & fun newsletter about the Midtown Pilates Reformer Studio and the benefits of Pilates.

A new publication is released quarterly. Please enjoy!

YOUR INSTRUCTORS

Andrew Levie

Alain Nicolas-David

Beatriz Lizaso

Carole Wood

Carrie McCleary

Ken Benjamin

Rebecca Kelly

Sara Schlorf

Teri Lewis

Pilates Reformer exercises are not just for working on your physical “center”, but also aides in helping you to focus and center your mind. While performing the exercises, it is not mindless movement that your body is doing. You need to focus your breathing, posture, and be alert to what your body is telling you. When you come into our studio, we invite you to leave your stress and outside world at the door. Quiet your thoughts and completely allow your mind to focus on each and every movement you are doing.

Two important Pilates principles are:

1.) **Precision** - each movement has a purpose and must be executed properly in order to receive the most benefit from that movement.

2.) **Breathing**- Focus your mind on inhaling to completely fill your lungs from the bottom up and exhaling the air from the top down to fully receive the benefit of deeper rib cage breathing. This deeper breathing also allows you to focus your mind for that one hour solely on you and what your body needs. Especially after a

hectic day, we all need to take time to re-center ourselves and settle back in to our daily routine.

Our Reformer studio will provide you an opportunity to focus on your body, settle your thoughts, and streamline your “center”, both physically and mentally.

Rebecca Kelly is a Certified Master Trainer and Pilates Instructor. To schedule an appointment with Rebecca please email her at rebecca.kelly@midtown.com

Attention Golfers!

Ask us how Pilates Reformer training can help you improve your swing and relax your stroke while putting.



SATURDAY, APRIL 17TH

PILATES STUDIO ORIENTATION

11:15 am—12:00 pm

Join one of our trainers for this complimentary introduction of our studio. Learn how to use the Reformer machine and conquer your first Group Reformer experience with confidence! All levels welcome. This is not a complete workout, but please wear comfortable clothing so you can experience some of the basic Pilates Reformer exercises.



Check out our latest Pilates Studio videos on YouTube!

SPRING IS HERE!

Top 10 Fun Facts

- 1.) Birds do not sleep in their nests. They may occasionally nap in them, but they sleep elsewhere.
- 2.) A giraffe can go without water longer than a camel can.
- 3.) You share your Birthday with at least 9 million other people in the world.
- 4.) Most elephants weigh less than the tongue of the blue whale.
- 5.) Women blink nearly twice as much as men.
- 6.) Only female mosquitoes bite.
- 7.) You burn more calories sleeping than you do watching television.
- 8.) Dreamt is the only English word that ends in "MT."
- 9.) A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.
- 10.) A snail can sleep for 3 years.

Happy quotes from our studio.....

"I am a former athlete, but the Reformer has strengthened my core better than any training I have ever done!

- Ken

APRIL

30 MINUTE CIRCUIT CLASSES

Running short on time? Try our **30 minute Express Circuit Reformer Classes**. These classes have been designed and created by our expert trainers specifically for Midtown members.

Specialty programs cost \$65 a month per class selected. Advanced registration required.

Upper Cuts

Upper Body & Core
Mondays @ 11:00 am

Below the Belt

Lower Body & Core
Tuesdays @ 9:45 am

Circuit classes are fast paced and more intense than a typical Reformer class. Certain restrictions apply.



STUDIO STUFF

Please Turn off Your Cell Phone

The time you spend at the studio is special and should be a time that is dedicated solely to your mind and body. We ask that you respect that time for yourselves and out of courtesy to others.

Focus on Pilates

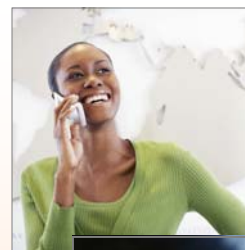
In addition to your phones, please also keep talking to a minimum. Our desire is that you get the best and most Pilates out of your time with us.

Scheduled Class Cancellations

During registration for a 6 week session when we have a class scheduled and fewer than two people sign up we will cancel the class. If you are registered for the class we will give you advanced notice of cancellation and suggest another option for you.

What To Wear

Comfortable, breathable, stretchy fabrics are best. Fitness pants that come to the knee or below along with layered tops will help you move better and adjust to body temperature changes. Shoes are not worn during sessions. Minimal jewelry recommended.



SHARE THE EXPERIENCE!

Great experiences are even better when shared with friends. Midtown is your club so tell your friends about your success with the program. When they are ready to join the fun, contact Carole Wood at 954-384-2582 ext.234.