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To our Valued Clients...

We are happy to see everyone back and enjoying their Pilates classes. With the days getting shorter, and the air a bit cooler, it can only mean one thing... Our Winter 2014 Session is here!



Our Winter 2014 Session starts today! We still have some classes with room for registration in them, give us a call at the studio, we will find the option for you!

[Click here for our Winter 2014 Schedule - November 1st - December 24th \(Last class at 11am\).](#)

Important dates: We will be **CLOSED** on **November 11th** for Remembrance Day. We will be **OPEN** on **December 24th until 12pm** (last class **starts** at 11am). Pilates Classes in the New Year will resume on **Friday January 2nd**.

Winter holidays can be a busy time of year for many of us. We want to remind you that we are able to pro-rate up to one week of registration and we offer make-ups in lieu of missed classes or vacations. If you are away for an extended period of time, talk to us about our class reservation options. Can't commit to a class? No problem! We have punch cards and drop ins available as well.

We want to take the time to thank you for your continued support and look forward to helping you achieve your health and wellness goals this winter as we gear up for another new year!

NEW Ball Class

Do you want to be able to use what you learn from Pilates class outside the studio? Come try Leslie's Ball Mat class! During this class, you will use accessible equipment in your mat routine to target the core muscles that are essential for stability and good posture. By performing these basic exercises on an unstable surface, you can improve your strength, endurance and balance.



This class is offered [Wednesdays at](#)

10:00am - reserve your spot today!

NEW Jump Start Pilates



Looking to jump start your morning? Come try Sharon's Jump Start Pilates class! Start your morning right with a cardio trampoline and resistance training workout. During this class, you will use the reformer as well as the cardi tramp to enhance your cardio workout with interval training, boost your metabolism and work your lower abdominals like never before!

This class is offered **Mondays at 8:00am**.

Give us a call and reserve your space today, only two spots left!

Standing Balance Class

This class is designed to help you regain confidence and functional skills for everyday movements such as bending, reaching, walking up and down stairs, carrying weight and more!

We all have challenges dealing with gravity and sometimes need to refresh our awareness of our vertical alignment and how to hold ourselves upright.



In our Standing Balance classes, you will learn how to use your core and breath to power your leg movements and support your shoulders and spine.

If you have difficulty with stability and/or have had an injury that has resulted in decreased strength, this class is for you!

Saturday Classes

Find it tough to fit your workout into your work week? We do too! Weekends are the perfect option to get your workout in and get in some well deserved "me" time.

Our Saturday classes are a great option for those of you with jam-packed Monday - Friday schedules! We offer a variety of class formats on **Saturdays from 8:00am-2:00pm**. Come and try one of our Mat,

Reformer, Cardiotramp and Pilates for Dancers classes. Semi-private and Private appointments are also available.

Start your weekend off right with us!

Beginner Foundation Classes

New to Pilates or know of someone looking to try Pilates? We offer many beginner foundation classes throughout the week... even on Saturdays! Learn the basic principles of Pilates in a group setting on the mat or on the reformer safely and effectively!



Current foundation class times:

Mat Foundations

Monday: 8am, 12pm, 3pm
Tuesday: 1pm, 7pm
Wednesday: 3pm
Thursday: 1pm
Friday: 8am, 12pm, 1pm
Saturday: 12pm

Combo Foundations

Monday: 9am, 12pm
Saturday: 9am

Clinical Pilates Programs



Shelbourne Physiotherapy offers Clinical Pilates & Kinesiology based Physiotherapy Rehabilitatoin Programs for anyone with injuries or chronic conditions. These services may be claimed under many extended health benefit plans. Clinical Pilates focuses on:

- Spinal stability and postural retraining
- Resolving muscle imbalances
- Reduction of pain and muscle tension
- Injury prevention and rehabilitation
- Individually designed programs specific to your needs and goals

Give us a call at the studio for more information and to see if this program is right for you!

Rehab Services at Gordon Head Recreation Centre

Through our partnership at Gordon Head Recreation Centre, we offer many Kinesiologist and Physiotherapist led programs. Our services include:

- Physiotherapy
- Kinesiology private sessions (offered both in the pool or in the gym)
- Hydrotherapy group classes
- Aquatherapy group classes
- Seniors gym classes
- Massage Therapy



For more information on these programs and how to get started, please call or email our Rehabilitation Coordinator Lorraine Hickson at 250.595.5858 or ghrehab@shelbournephysio.ca

Gift Cards



Give the gift of health and wellness this holiday! Our Pilates and Yoga gift cards are the perfect gifts for the fitness enthusiast on your list..Gift Cards can be purchased at the front desk in the Pilates Studio or at the Physiotherapy Clinic and can be used towards all of our services including private sessions, group registration, punch cards, massages and more!

Christmas Recipe

Put a fresh spin on a Christmas classic and try this Healthy Gingerbread recipe!

Ingredients

3 cups flour (spelt flour or another substitute will work as well!)
1/3 cup + 1 T maple syrup
1/4 cup blackstrap molasses
1 1/2 tsp baking powder
3/4 tsp baking soda
1/4 tsp salt
1/2-1 T ginger (depending on how much kick you like)
1 egg (or egg substitute)
2 tsp cinnamon

1/4 tsp cloves
1/4 tsp nutmeg
4 T applesauce
2 tsp vanilla extract

Instructions

Mix the dry ingredients in one bowl, mix wet in another. Add dry to wet and mix only until combined. Remove the dough from the bowl and cut into two equal parts. Wrap the dough in plastic and refrigerate for at least 2 hours. Preheat oven to 350.

After two hours, remove the dough from the fridge. Roll the dough onto a floured surface until it is about 1/4 inch thick. Please use additional flour if necessary. Cut dough into desired shapes and place them onto a lined baking sheet.

Bake the cookies for about 8 minutes and then let them cool a bit before removing. Set them aside to completely cool before decorating. Enjoy!

Read more at <http://mywholefoodlife.com/2012/11/17/healthy-gingerbread-cookies/#IT4fp64zpTh8UcIF.99>

From all of us...

*Wishing you health, happiness, love and
laughter over the holidays.*



*From the Shelbourne Pilates and
Rehabilitation Team*

Thank you for taking time to read our newsletter!

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