



Colleen's Corner

Hi. Another year behind us and another few rooms added to our Powerhouses. We examined some of the mat exercises and managed to finish covering all the Principles.

It's also been so good to see how far our students of Pilates have come in strength of body & precision of work. As I looked around class last week I just had to smile to see the Pilates method at work.

I just want to thank you all for working so hard and with such obvious dedication. Have a happy, healthy, strong & centered new year!

Move of the Month:

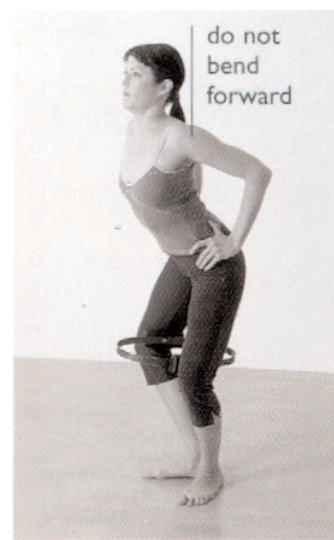
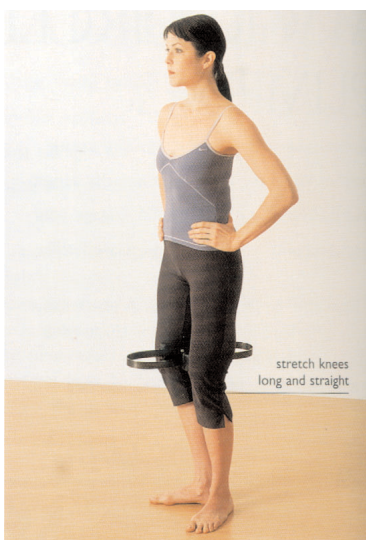
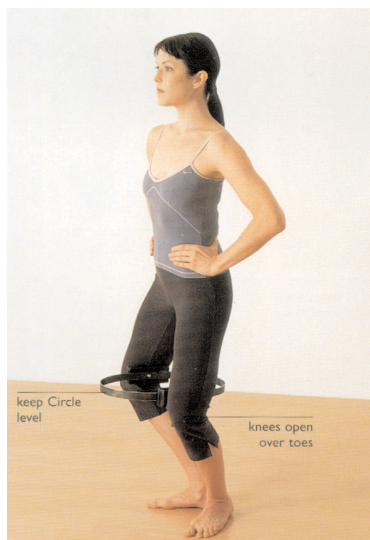
Magic Circle Plies

I selected this exercise because it targets the very bottom of the Powerhouse. Great for people having trouble getting 'the Pinch'

Place the circle above the knees. The feet are in a narrow Pilates 'V' stance with knees bent open over the toes, and spine straight and vertical.

Straighten your legs, tighten your bottom, squeezing the circle & growing taller for 3 counts.

Repeat 3 - 5 times. Avoid bending forward, rather grow upwards, bringing the back of your thighs together. Avoid this exercise if you have weak knees.



Wanted: Sessions, Duets, Trios

This section is devoted to available private sessions, as well as people looking for partners in duets and trios

As of this writing, the following time slots are available with me on a standing basis:

Short Hills

Monday, 11:30pm

Tuesday, 11:30am, 12:30

Friday, 2pm, 3pm

Wayne

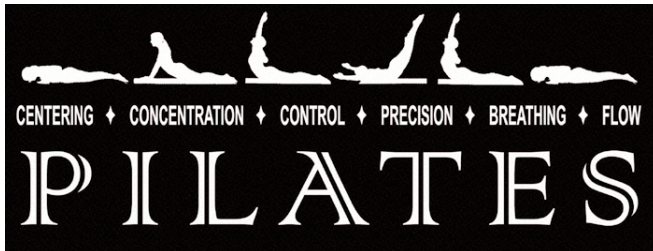
Tuesday, 6:30 pm

Thursday, 1pm, 2pm, 7:45pm

Current Events

At long last!; the Pilates shirts are in. These camisoles are made of cotton, lycra, & spandex, come in several colors and have adjustable straps and shelf bras. Their light fabric and unrestricting design makes them ideally comfortable for a Pilates workout.

They are available in the following two silkscreens: 'scoop' and 'Pilates Principles

The logo for 'SCOOP' is displayed in a bold, white, lowercase sans-serif font against a solid black rectangular background.

Shirts are available through me and are \$29.99 (plus shipping - unless we can hook up otherwise)

Contact me at fitcalm@yahoo.com



Contacts and Credits:

To include yourself on my email list, or if you have questions or comments, write me at : fitcalm@yahoo.com

To install Adobe Acrobat, go to: <http://www.adobe.com/products/acrobat/readstep2.html>

Good Mat Pilates book: The Pilates Body by Brooke Siler, Broadway Books

Authentic Pilates website: <http://www.pilates-studio.com>

Video or DVD of Authentic Pilates, reformer and mat : <http://www.classicalpilates.net>

Colleen Wenrich, RN, has been teaching wellness & fitness for over 20 years and is Certified Authentic Pilates, ACSM, AFAA, ACE and BCIA.