

Pilates News and Other Matters



Whole Pilates Mat Classes are Moving

Starting April 4th, 2009, all of our Mat classes will be moving to The Focus Inn at 1093 Greenwood Lake Turnpike in Ringwood. Overlooking our reservoir and right next to a babbling brook, we're planning outdoor classes in the beautiful weather and in less than perfect weather we'll be in the sunny, mirror filled clubhouse. Very exciting.



Between Margaret King and Stonetown Rd, the Focus Inn looks like a perfect little B&B. The window filled clubhouse overlooks the reservoir .



Colleen's Corner

Yesterday was our 1st true 'spring-like' weather since the season officially turned. Before we know it the sweaters will be off and it's back into capri's, shorts and (gasp!) bathing suits.

If you're still trying to extract yourself from the season of comfort foods, take heart. It's still not too late.

You have a good base of Pilates Power House built over the winter. Now's the time to add in your regular 'cardio' exercise, or step up the cardio you've been doing. It's also time to get back into how delicious healthy, fresh foods can be.

Of course, with the right portions most people can sample any kind of food, but as the weather warms it's good to start filling our diet with whole fresh fruits and vegetables, steer clear of white flour products and sugars, and just generally keep clear of processed, pre-packaged things. Also, watch out for wine. Sorry.

Consistency with our eating, Pilates, and cardio exercise should have you feeling your very best and vibrant in no time. Still, if you have trouble putting together all these pieces, (which we all sometimes do when we've gotten into bad habits) that's what I'm here for.

Call & make an appointment, and we'll get together a perfect springtime plan.

One food I'm really loving right now is quinoa.

If you're not familiar with this seed, it's a whole grain alternative to cous cous or bulghar wheat and is a delicious gluten free complete protein.

Once prepared, you can use this as a replacement in any of your cous cous or pilaf recipes, and it's very simple to prepare.

Basic Quinoa—makes 2 cups/4 servings

Rinse, 1 cup quinoa & add 2 cups chicken broth

Bring to boil, then simmer partially covered until all liquid absorbed.

(about 15 minutes)

Leave sit, covered about 10—15 minutes.

Serve, or add to another recipe.

TABOULI

Tabouli, a mid-eastern salad, try it with quinoa for a delightful new taste.

2 cups quinoa, cooked	1/2 tsp basil
1 cup chopped parsley	1/2 cup lemon juice
1/2 cup chopped scallions	1/4 cup olive oil
2 TBL fresh mint or 1 TBL dried mint	salt and pepper to taste
1 garlic clove, pressed	lettuce leaves, whole
1/4 cup olives, sliced	

Place all ingredients except lettuce and olives in a mixing bowl and toss together lightly. Chill for 1 hour or more to allow flavors to blend. Wash and dry lettuce leaves and use them to line a salad bowl. Add tabouli and garnish with olives. Serves 4

New Mat Class Cards

We're trying something new in the Mat Classes—attendance cards. To help us keep track of where we are in the series and so everyone knows when the series ends, each student will now find a card with your name on it in a little purple box.

When we come to class, find your card and have Karen or me date it for the class. Most folks have been really good about this, but if you know you can't make a class, please be sure to cancel with Whole Pilates at least 24 hrs in advance so someone else will have the opportunity to attend.

Our classes are small, so it shouldn't take too much time once we all get used to it.

Spring Stimulus Package

Whole Pilates is debuting a new package to help us save money as we prepare to get back into swimsuit shape.

The SSP is 1 10-Mat Class Series and 3 Private Lessons for \$280.

Register for the mat class of your choice, then schedule and use your privates and mats during the 10 weeks. Cancelled Private and Mat classes can be rescheduled any times during the 10 weeks as space is available.

April, 2009

SUN	MON	TUE	WED	THU	FRI	SAT
28	29 11am Intermediate Pilates Mat	30 7pm Advanced Pilates Mat	1	2	3	4 8:30am Intermediate Pilates Mat
5	6 11am Intermediate Pilates Mat	7 7pm Advanced Pilates Mat	8	9	10	11 8:30am Intermediate Pilates Mat
12	13 11am Intermediate Pilates Mat	14 7pm Advanced Pilates Mat	15	16	17	18 8:30am Intermediate Pilates Mat
19	20 11am Intermediate Pilates Mat	21 7pm Advanced Pilates Mat	22	23	24	25 8:30am Intermediate Pilates Mat
26	27 11am Intermediate Pilates Mat	28 7pm Advanced Pilates Mat	29	30	31	1 8:30am Intermediate Pilates Mat

Classes held @
Leflein Group Focus Inn
1093 Greenwood Lk Tpk
Ringwood



Whole
Pilates

Classical Pilates Mat (1 hr):
(BLUE)

\$150 for 10 1 hour classes in
continuing series.

Pre-Registration is a Must

Call today to register.
Phone: 973-962-1327
E-mail:
colleen@WholePilates.com

Contacts and Credits:

To include yourself on our mailing list, or if you have questions or comments contact colleen@WholePilates.com

Please go to our website, <http://www.WholePilates.com> to see what we've been working on, view archived newsletters, see streaming videos of the exercises, photo gallery, or learn more about how you can begin training with Whole Pilates.

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

Colleen Wenrich, RN has been teaching fitness and wellness since 1981 and is certified Authentic Romana's Pilates, ASCM, AFAA, ACE, and BCIA