

Winter Renewal Form

**Monday 28th October 2019 -
Friday 20th December 2019**

This an 8 week half term for classes: *please book & pay by Friday 18th October to guarantee your place*

STUDIO NEWS:

Matwork classes end on the Friday before Christmas, hence we ask that you please check the payment amount that you are making – whether you are attending seven (Saturdays only) or eight sessions over the half term.

Our prices have increased by 20p per class.

8 sessions (Monday to Friday Classes) = £72.00
7 sessions (Saturday) = £63.00

Drop ins cost £12.50 per class if there is space.

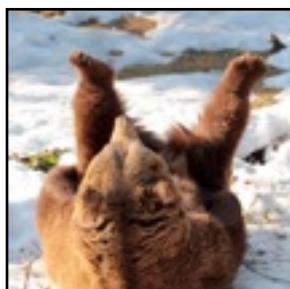
Enjoy trying the Banana stretch exercise on the reverse of the renewal form!

Please keep in mind that our cancellation policy is to ensure everyone is able to attend classes.

Any class not cancelled with 24 hours notice will be charged for in full.

Please ensure you call by 5pm on the day before a class you wish to early cancel.

Thanks for your help!!



Bank Account

S/C: 08-92-50
A/C: 68669496
REF: name and class

MONDAYS 2.00pm 6.00pm 7.15pm	TUESDAY 10.20am 11.35am 4.45pm 6.00pm 7.10pm	WEDNESDAY 10:15am Swiss Ball £10 adv/£12 drop in 5.45pm 7.00pm	THURSDAY 9.35am 2.45pm Bone Health	FRIDAY 8.55am 10.15am 11.30am	SATURDAY 9.00am 10.15am Beginners
28th October	29th October	30th October	31st October	1st November	2nd November
4th November	5th November	6th November	7th November	8th November	9th November
11th November	12th November	13th November	14th November	15th November	16th November
18th November	19th November	20th November	21st November	22nd November	23rd November
25th November	26th November	27th November	28th November	29th November	30th November
2nd December	3rd December	4th December	5th December	6th December	7th December
9th December	10th December	11th December	12th December	13th December	14th December
16th December	17th December	18th December	19th December	20th December	

All classes are non-refundable but we will try to fit you into another one during the half term if you can't make your normal session

RETURN SLIP Winter 2019

The half term is 7wks (Saturdays) costing £63 or 8wks costing £72

NAME: _____

TEL: _____

I wish to attend the following class/es :

DAY: _____

TIME: _____

DAY: _____

TIME: _____

Please circle amount and payment method:

£63 or £72 Other.....

(E.g. if you are taking your holiday allowance - 2 weeks per year between September 2019 and July 2020)

Cash : *Paying the amount above by cash.*

Cheque: *Enclosed a cheque made payable to the Stables Pilates Studio.*

Debit Card: *At the studio.*

Online: *Through Mindbody or Stables website.*








Bank Transfer: *Details below.*

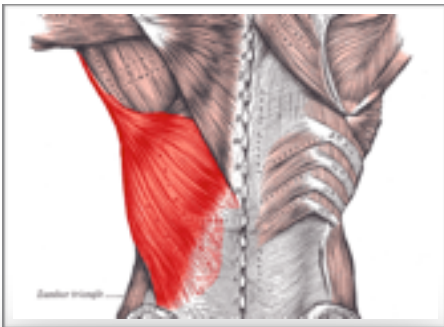
S/C: 08-92-50 A/C 68669496 REF: name and class

Side Stretch

Otherwise known as: **Banana Stretch**

***If you know you have had a recent disc issue, and are experiencing disc pain, this not the exercise for you.*

-  Stand with the inside leg forward and outside leg back/behind.
-  Take the outside hand and hold onto a doorframe (or use your other hand if a doorframe isn't available)
-  Allow the pelvis and chest to fall away from the door frame - aim for **even** length through the side of the body
-  Use your inhale (between every rib) and exhale to increase the stretch, and let the top arm become heavy giving you space between the ear and shoulder
-  Check your rib to pelvis connection (keep your box square)
-  Keep the eye line forward - remember the neck is part of the spine
-  Modify with keeping your legs together to maintain your balance



What are we stretching?

The main muscle we are stretching is the Latissimus Dorsi (the Swimmer's Muscle). It is a BIG muscle and covers a large area across the thoracic and lumbar spine.

Adding the cross of the feet starts to incorporate the lateral (side) muscles of the lower body as well.

This is a favourite in the studio at the moment - and also a great stretch to feel how your breath can change your movement.

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