

# Spring & Summer 2010



## Bea Alexander Pilates News

Hello!

Our two-week Pilates Easter break is from Friday 2<sup>nd</sup> to Friday 16<sup>th</sup> April. The Spring to Summer term starts on Monday 19<sup>th</sup> April and you have thirteen mat classes to choose from, from complete beginners to Level 4 advanced.

I, Bea, will continue to teach Wednesday and Thursday evenings and Caroline will stay with her Monday night classes. There will be a little twist in the Wednesday evening classes. It involves weights... Gill Bertram, who is a great Pilates Foundation Pilates trained teacher, is taking over the Tuesday evening and Thursday lunchtime classes. After two and a half years, Skye is heading off this term to do a lot of dance projects as far off as China, for which we wish her the best.

We have a new Level 2 class at 8-9pm on Thursdays at the Yoga Room. As all of you who come to Thursday Beginners and Level 1 already know, Charlie Pank is doing part of his Pilates Foundation mat class training with me, and he and I will be teaching the new class, with Charlie starting to teach solo during the term. Charlie has been learning Pilates with me for over six years. He began Pilates to help him with injuries incurred from kick-boxing and running. He got back to running and is a complete Pilates convert.

We all look forward to seeing you for the fresh term.

Bea

### Spring & Summer 2010

11 Weeks: Monday 19<sup>th</sup> April to Thursday 8<sup>th</sup> July (Half-term week 24<sup>th</sup> -28<sup>th</sup> May)

DAY	TIME	LEVEL	LOCATION	TEACHER
Monday	6.00-7.00pm	Level 3	Forth	Caroline
Monday	7.00-8.00pm	Level 2	Forth	Caroline
Tuesday	6.00-7.00pm	Level 2	Forth	Gill
Tuesday	7.00-8.00pm	Beginners	Forth	Gill
Tuesday	8.00-9.00pm	Level 1	Forth	Gill
Wednesday	5.30-6.30pm	Level 4	Sangha	Bea
Wednesday	6.45-7.45pm	Level 4 advanced	Sangha	Bea
Wednesday	8.00-9.00pm	Level 3	Sangha	Bea
Thursday	12.30-1.30pm	General	Sangha	Gill
Thursday	4.30-5.30pm	Level 1 to 2 plus	Yoga Room	Bea
Thursday	5.45-6.45pm	Beginners	Yoga Room	Bea
Thursday	6.50-7.50pm	Level 1	Yoga Room	Bea
Thursday	8.00-9.00pm	Level 2	Yoga Room	Bea & Charlie

**LOCATIONS:** The Sangha: 14a Broughton Street Lane, Edinburgh EH1 3LT. 'Forth' is the Edinburgh Business Centre, 16 Forth Street, EH1 3LH. (Buzz the 'conference room'). The Yoga Room: 5a Forth Street Edinburgh, EH1 3JX

**COST:** £103 for the 11-week term. Please note that classes, once paid for, are non-refundable in all circumstances. There are 'make-up' class arrangements. For full terms and conditions, please see the website.

**TO BOOK:** Please use the booking form overleaf with cash or cheque. Cheques are payable to 'Bea Alexander', post to: Bea Alexander, 8 Strathfillan Road, Edinburgh EH9 2AG. You can pay on-line via Paypal and do not need your own Paypal account to use the facility. Follow the links in the 'bookings' section of the website (there is now no booking fee). You will receive a confirmation email from me. If you are in Skye or Caroline's class currently and want to pay by cash, please put the correct amount in a sealed envelope with your name and class on it for them to pass on to me, thank you.

[www.beaalexanderpilates.co.uk](http://www.beaalexanderpilates.co.uk) Tel: 07951 686 322 [classes@beaalexanderpilates.co.uk](mailto:classes@beaalexanderpilates.co.uk)

# Weekend Workouts

Come and spend two hours learning, exercising and enjoying yourself with some themed classes: a mix of extended warm-ups and downs, a main class plus an opportunity to ask questions.

## Pilates Abdominal Power Workout Saturday 12<sup>th</sup> June 10am to 12pm

A two-hour Pilates class with its emphasis on getting your abdominal muscles thoroughly worked in all ways. Fast-paced bursts with lots of classical repertoire. **Open to Level 2 to 4 advanced.**

**Location:** The Yoga Room, 5a Forth Street Edinburgh, EH1 3JX **Cost:** £22

## Pilates - How to Stretch and Release! Saturday 12<sup>th</sup> June 2pm to 4pm

Stretching and letting go is as important for your muscles and body's well-being as strengthening. This workout will help you isolate the bits of your body that need to stretch and release most and teach you different methods of stretching to do that in a gentle and effective way. There will be more extreme stretches for the advanced stretchers amongst you. Expect to float home. **Open to complete Pilates beginners upwards to Level 4 advanced** **Location:** The Yoga Room, 5a Forth Street Edinburgh, EH1 3JX **Cost:** £30 including booklet of stretches.

## Magic Circle Workout Sunday 13<sup>th</sup> June 10-12pm

Joe Pilates' magic circle brings extra resistance to many of his mat work exercises, increasing the amount of power your muscles need to generate. This tones and strengthening you faster! The workout will take you through some familiar and many new exercises with the added benefits of the circle. Expect to feel worked all over! Open to level 1, 2, 3 & 4. **Location:** The Yoga Room, 5a Forth Street Edinburgh, EH1 3JX **Cost:** £22 (circles provided.) Magic circles available for sale at £19. A Stott Pilates circle DVD is available for sale at £11.75.

### Studio Classes, Pregnancy & Post Natal Small Group Classes

**Private Pilates classes** are available at Bea's Private Pilates equipment studio in Marchmont. The studio diary can be viewed on-line where you can see available slots and ring or email to book.

<http://www.beaalexanderpilates.co.uk/bap-studio.php>.

New blocks of **Pregnancy and Post Natal classes**, (three women in each), start after Easter, the week beginning 19<sup>th</sup> April. For the full details please see the website.

[www.beaalexanderpilates.co.uk](http://www.beaalexanderpilates.co.uk) **Tel: 07951 686 322**

Name:

Your Address and Postcode:

Home number:

Mobile:

Work:

Email:

PLEASE WRITE CLEARLY

Thank you!

### Easy-Book Form Bea Alexander Pilates Winter/Spring Term 2010 I would like to book for the following classes (Please circle)

Monday	Level 3	6.00-7.00pm
Monday	Level 2	7.00-8.00pm
Tuesday	Level 2	6.00-7.00pm
Tuesday	Beginners	7.00-8.00pm
Tuesday	Level 1	8.00-9.00pm
Wednesday	Level 4	5.30-6.30pm
Wednesday	Level 4 Adv	6.45-7.45pm
Wednesday	Level 3	8.00-9.00pm
Thursday	General	12.30-1.30pm
Thursday	Level 1 to 2 plus	4.30-5.30pm
Thursday	Beginners	5.45-6.45pm
Thursday	Level 1	6.50-7.50pm
Thursday	Level 2	8.00-9.00pm
Saturday 12 <sup>th</sup>	Abs	10.00-12.00pm
Saturday 12 <sup>th</sup>	Stretch	2.00-4.00pm
Sunday 13 <sup>th</sup>	Magic Circle	10.00-12.00pm

I enclose full payment of \_\_\_\_\_ for \_\_\_ block(s) of classes and \_\_\_\_\_ workshops