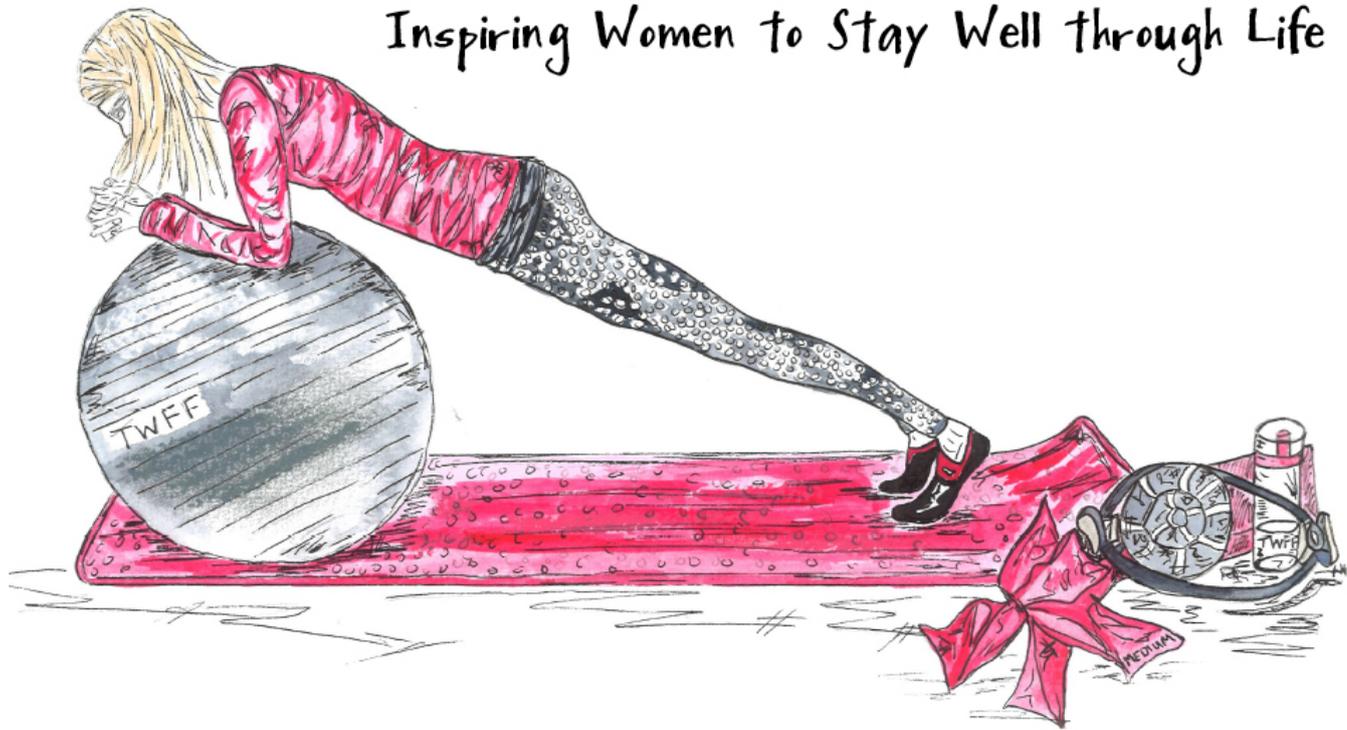


The Wellwoman Fitness Foundation

Inspiring Women to Stay Well through Life



Have a look at my website: www.thewellwomanfitnessfoundation.co.uk

To sign up to further newsletters [click here](#).

Latest news and class info from TWFF

February 2019

by
Sara Rounce

Pilates Teacher and Women's Health & Exercise Specialist

Producer of [The Postnatal App](#) (available on iTunes)

Member (and previously Co-Chair) of [The Guild of Pregnancy & Postnatal Exercise Instructors](#)



How to contact me:

info@thewellwomanfitnessfoundation.co.uk

07900 181873

Hello Everyone!

I am taking on a new format for my newsletters this year and making them more regular!

I hope 2019 is going well for you so far and you enjoyed the white stuff we had last weekend!

Have a read through and see what you think - any feedback welcomed!

Please share amongst your friends and family!

See you all soon,

Best wishes

Sara

NEXT TERM:

Second half to term starts again on Monday 25th February 2019. Please look below for further information.

If there are any changes to your circumstances/physical wellbeing/address/contact details please let me know as soon as you can.

Remember I offer the following:

- *Pre- and post-natal pilates*
- *Pilates for seniors*
- *Pelvic floor dysfunction and health*
- *Diastasic recti, pelvic pain and c-section recovery*
- *Back care & rehabilitaion*
- *Pilates for menopause*
- *The Pink Ribbon Programme (Pilates for Breast Cancer)*
- *Pilates for healthy bones (Rebekah Rotstein's Buff Bones Program)*
- *Reformer Pilates and other studio equipment.*
- *Pilates for men!*
- *Myofascial Release (releasing the fascia lines in the body using pressure balls)*
- *1-2-1's, small groups and consultations*
- *Classes for all abilities*
- *Online tailored programs can be offered (pregnancy, weightloss)*

FACEBOOK:

I am always trying to build up my Facebook numbers so that I can communicate better using the FB page. I would really appreciate it if you can like my page (if you are a Facebook user!) and even write a review if you have a moment! Click on the link below. Thank you!

INSTAGRAM:

I am becoming more active on Instagram and regularly post photo's or video's of exercises. Click on Instagram above to go to my link.

NEXT WORKSHOP:

Exercising in Pregnancy

SATURDAY 2ND MARCH 9.30-11.30AM

Come along for a fun & safe workout workshop!



Join me for a Saturday morning of strength and mobilising exercises to help you through your remaining time in pregnancy. Also focussing on core and alignment and what happens after you have had your baby.

Helping you move in the right way and giving you a workout you can do at home. Including stretches too the

morning will focus on helping you stay strong as well as aid your birth and recovery.

A lovely gift for the pregnant Mum-to-be!

Free Bag, PLUS Ball & Band included!

Date: Saturday 3rd March 2019

Time: 9.30-11.30am

Venue: St Albans Church Hall

Cost: £50 (to include ball & Band)

If you have a question email me: info@thewellwomanfitnessfoundation.co.uk

To book:

<https://www.thewellwomanfitnessfoundation.co.uk/product-page/women-s-fitness-event-purchase>

NEW CLASS:

Power Pilates - 6 week course

Give your Pilates a boost as Spring approaches & achieve a stronger leaner body fast!



Joseph Pilates showing off his teaching skills (the Teaser exercise)

Introducing **Power Pilates** by Jodie Gibbs-Farrow (who already teaches on Thursdays). Jodie will give you a more upbeat class to work on strength and tone of the body using the Pilates principles.

Format: 20 mins warm up and set up, 30 mins Power Pilates moves and 10 mins cool down and stretches. A great way to do Pilates for those who want a bit more out of their workout.

A fantastic way to get a stronger, leaner body FAST!

Dates: 26th Feb - 2nd April 2019

Times: 7.30-8.30pm

Venue: Beacon hill (Venue to be confirmed dependent on numbers)

Cost: £60

Contact Sara (info@thewellwomanfitnessfoundation.co.uk) as soon as possible if interested.

Limited spaces!

PILATES RETREAT

MALLORCA

21st - 24th March 2019



Are you feeling tired and fed up with this weather yet? Feel like you need to take some time for yourself?

Join myself and Hannah Epps (Farnham Pilates) on a 3 day break on the beautiful island of Mallorca.

With plenty of time to relax, our very own private chef and daily Pilates this is an ideal way of giving yourself that boost before Spring arrives.

£300 plus extra's this is a great deal!

JUST 3 SPACES REMAINING - CONTACT ME ASAP IF YOU ARE INTERESTED AND I WILL SEND YOU FURTHER DETAILS.

EXERCISE OF THE MONTH:

HOW TO DO THE PERFECT...

SQUAT



<https://youtu.be/tKWWOHTPqpM>

The top 5 reasons for being able to squat correctly:

- 1) It works the entire body
- 2) Functional movement making real life activities easier
- 3) Maintaining hip mobility, strength and balance
- 4) Reduces risk of injury on the back
- 5) Strengthens gluts, legs and core

Top 5 Tips for a correct movement:

- 1) Tailbone needs to go backwards and downwards - bend those knees!!
- 2) Keep the back straight ensuring you hinge at the hips rather than bending the spine
- 3) Keep shoulders relaxed (don't bring arms too high)
- 4) Look to the front of the room with the face and chest
- 5) Use a high chair first to get the correct movement (touch it with the tailbone/bottom -don't be tempted to actually sit!) then work on going lower once you are getting the right movement - progress to the sofa!!

CLASS SPACES

ARE YOU A BEGINNER? LOOKING FOR A CLASS LATER IN THE DAY?

Spaces currently available in:

- 1) Thursday 6-7pm class, British Legion Hall, Beacon Hill
- 2) Monday 10-11am, St Barts Church Hall, Haslemere

Contact: info@thewellwomanfitnessfoundation.co.uk

FEB/MAR 2019 CLASS DETAILS

View the Latest Timetable:

<https://www.thewellwomanfitnessfoundation.co.uk/pilates-class-timetable>

DATES & PRICES:

GENERAL CLASSES:

- Mondays: 25th Feb-1st April (6 weeks) - £54 (£11 pay as you go)
- Wednesdays: 27th Feb-3rd April (6 weeks) - £54 (£11 pay as you go)
- Thursdays: 28th Feb-4th April (6 weeks) - £54 (£11 pay as you go)
- Fridays: 1st March - 5th April (5 weeks as NO class on 22nd March - we will make this one up in the following half term) - £54 (£11 pay as you go)

STUDIO/SPECIALIST CLASSES:

- Tuesday 26th Feb - 2nd April (6 weeks) - £90
- Wednesday 27th Feb - 3rd April (6 weeks) - £90
- Postnatal/Diastasis Recti Clinics: Mon 25th Feb-1st April (6 weeks) - £90

REFORMER SESSIONS & 1-to-1's:

- £55 per session
- £275 for 6 sessions

Please note specialist classes (pregnancy, postnatal, menopause etc) and workshops will be available on demand during the year - if interested please let me know so I can get an idea of numbers.

PAYMENT: Please pay at the start of the block.

HOW TO PAY:

1) BANK DETAILS FOR ONLINE PAYMENTS:

Lloyds Bank

Sort Code: 30-93-94

Account No: 33425268

Ref: *INITIAL & SURNAME*

Cost: Refer to the info above

2) PAY THROUGH THE WEBSITE:

<https://www.thewellwomanfitnessfoundation.co.uk/purchase-pilates-passes>

3) **CHEQUES OR CASH WHEN I SEE YOU** (Cheques payable to 'Sara Rounce').



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