



MOVEMENT FIRST  
PILATES  
[www.mfpilates.co.nz](http://www.mfpilates.co.nz)

Dear Movement First community

With only days until Christmas and reflecting on 2018... I want to thank you all for your loyal support this year. It's fantastic to see the personal progress each and every one of you is making.

I'm encouraged by all those who have surrounded me and supported me as I continue to evolve.

It has been an interesting year. I have accomplished many things and am excited about where my journey is taking me.

Among the changes planned for 2019, I will be sharing some more teaching hours with Zoe and Ro and continue to share my knowledge with my team and clients.

**Timetable change for 2019: Thursday 6.15am ball class + 12.05pm ball will no longer run**

We welcome your feedback and would like to know how your classes have been going for you this year, and what we can improve on.

We will close on Friday 21 December 2018 and be back 21 January 2019 to begin a new year of Movement First.

Meanwhile, stay calm in the festive season craziness, breathe and remember to tune into our on-line audio class available at Movement First's website [www.mfpilates.co.nz](http://www.mfpilates.co.nz)

Have a restful Christmas and New Year and recharge yourselves. We look forward to seeing you back at the end of January.

**From the Movement First team – Michele, Liz, Zoe, Ro, Becs, Joe, Margie Helena, Julie**