



MOVEMENT FIRST  
PILATES  
www.mfpilates.co.nz

December 2022 News

## Dear MFPilates & Movement First Collective

Christmas is around the corner. It's time to take stock and consider how you navigate the festive season with ease and calm.

Maintaining our healthy routines is a no-brainer. Pilates is one of many tools that can help with this. By attending your class/es you will nourish and strengthen your body's deep internal system that taps into your parasympathetic nervous system. This may give you a sense of calm. You may feel more clarity and be more in the present moment versus feeling overwhelmed!

I invite you to try our different classes with Movement First's amazing teachers. We all have our own styles of teaching. What we love is you being at our classes practising and learning about your internal body and mind to build your internal strength and keep your body moving optimally with more ease and support around your joints.

**Congratulations to Maria** who flew through her mat exam with flying colours. Her 94% was achieved because of her hard work ethic. A well-deserved celebration.

### Studio closes for Pilates

Wednesday 21 December 2022 after the last class. Your teacher will take each class into account and only schedule it if there are sufficient numbers.

### Studio opens

Wednesday 11 January 2023

Please communicate with your teacher if you are returning later so we can plan the beginning of next year's schedule. Or use our booking system.

### Fee increase

Please note our small fee increases starting next term. See the attached timetable and fees for 2023 for details.

### Semi-privates with Michele

These are now private duos designed just for two.

### Package in the system

Notifications come from the PTminder booking system to let you know when your package or concession has finished. Please pay the amount online through your internet banking once you receive this. That will save you fees on a credit card transaction via the PTminder's 'Store' and save me having to send out an invoice.

Many of you are using the new booking system, which is most appreciated.

### Get a grip

Our new socks have arrived. Fun colours and styles. \$18 a pair. Good present for Pilates friends or yourself.

### Thank you and best wishes

Movement First Pilates thanks you all so much for your support during 2022 and wishes you a safe and happy festive season. We look forward to supporting you with Pilates movement in the New Year.

Michele has put together a little gift for you and your family to keep your practice up until we see you soon at the studio. Have fun and enjoy!

Go to [vimeo.com/781241031](https://vimeo.com/781241031)

or click the link in the email

Warm wishes

Michele, Liz, Esther, Zoe, Maria & Viv