

The Core Chronicles

DEMANDS FOR CHANGE

It is often said that some humans don't take kindly to change. We like to have our space, schedules, Pilates classes and world around us function the same so as not to "be surprised in life." I know of people that get up at the same time every day, eat the same breakfast every day, leave for work at the same time every day, do the same thing at work every day, take the same route to and from work every day, and so on and so on. But as we live in our status quo lives it doesn't give us the chance to stretch ourselves and grow as human beings. The actual physical human body also needs change to become more flexible and strong. The body needs to be taken to a place where there are demands put on it to change the status quo. We must be able to use training strategies to coax the body into making changes, otherwise it will get stuck where it is. The body needs to make these changes in a process over time. If we don't push the body to change enough the body will stay the same, and likewise if we push it too hard and too fast the changes will produce injury and pain.

As a new client comes into **PILATES albuquerque** the instructor looks at the client's posture, listens to the client's profile of why they came in and assesses how to proceed in a program that will be of benefit to the client. Each person coming in is treated as an individual with individual needs. We assess as to whether the client would best benefit in their body through Pilates or GYROTONIC® and through equipment work or by MAT work. It would not be appropriate to put a person into a Pilates equipment class before teaching them the benefits of breath, or to put them in class when one on one work is needed. So as we look at making changes in the body that will effect body, mind and spirit we must understand how to take baby steps into a new realm of work. As the body learns to breathe correctly and then to move with the breath in simple ways the body will be ready to take on more complex movement that follows the breath.

The body must be somewhat shocked into believing that it is time for changes to happen. If that shock comes too harshly or too quickly the body will be injured or become sick. So attention to the proper pace of process over time is something that needs to be addressed. When making changes in posturing, the muscles that have been over tight must learn to relax and the muscles that have not been working much must learn to contract and do their job. Moving through this phase of change can sometimes cause a bit of pain. But, as the body adapts to the new symmetry the pain disappears and a new found strength is felt. This process can take some time to go through initially and will often times move pain around to different places in the body until the body feels the core muscles in proper length and strength. This process continues through any physical work we do. The body will always be changing and adapting to the new work we put to it. It will like being longer and stronger.

The problem lies when we stop challenging the body to make changes. When we only do the same MAT work or don't add in new and challenging exercises. We must always be asking the body to adapt to some new demand if we want to continue to see changes. A new demand might be to try another class each week or to change the springs on the reformer to challenge the body to dig deeper for core muscles, or take a walk before coming to the appointed class to rev-up your heart rate a bit. When we overload the body and demand more frequency, intensity and or duration changes are made that help us meet more exercise demands.

All of these principles of change are scientifically challenged and proven to work. When the proper strategy, process and demands are met, the body will become longer and stronger for more quality in life. The legendary tale of the ancient greek warrior, Milo, illustrates this well. Milo needed more strength to be a better warrior. He started lifting a young calf after it was born. He continued every day to lift the calf and as it grew so did Milo's strength. Eventually he was able to lift the full grown cow! Change your demands! Find a strategy with a process that demands more.

TIP: Take advantage of the offers in the upcoming series classes and put a demand on your body for change.

DEMAND SOME CHANGE! Class packages on sale!

To give our clients the opportunity to practice changing the frequency, intensity and duration of workouts to see new changes, we are adding some fun packages to the fee schedule this month. Space is limited in the classes so sign up early.

DEMAND FOR CHANGE! Series FUN Packages

2 -10am Int. EQ classes
choose from Mon. Wed. & Fri. 10:00 am classes
2 classes/week \$160

1 - Pilates MAT & 1- GYROKINESIS®
choose Mon. or Wed. Pilates MAT and
Tues. 5:30 GYROKINESIS®
2 classes/week \$115

1 - Evening MAT & 1- Evening EQ
choose Mon. or Wed. MAT 5:30 and
Tues., Wed., or Thurs. EQ 5:30
2 classes/ week \$135

*****These packages are subject to the minimum class participants registration for class fees.*****

GYROKINESIS® IS BACK

Back on our schedule! **GYROKINESIS®** Tuesdays 5:30-7:00 this will be a six week technique series September 12th to October 17th. **6-classes \$100**

ADVANCED SMALL APPARATUS CLASS

We are delighted that Blythe will be teaching her "killer" small apps class again. If you are not seeing any changes in any other way this class is sure to put the demands of an overload on a strong and healthy system to make new gains in strength and flexibility.

Friday afternoons 4:30-5:30

Series begins Sept. 9th.

4-classes \$70

Next Series Dates—August 29 to September 26

—Please be aware that the Labor Day holiday will push the Monday classes out to October 2 and there are random classes that will begin week #2 of the series and run to the beginning of Oct.— **Please see the schedule for more info.**

Coming in October!

Gentleman's early morning CORE flexibility class—

Thursday mornings 7:45-8:45 —if you are interested in this class please see the front desk.

NOTE: DUO/TRIO LESSONS ON SALE AGAIN!

DUOS=\$38/LESSON TRIOS=\$28/LESSON

FROM THE FRONT DESK

***Holiday closure**

The studio will close on Friday **September 1st** immediately follow the Piloga class and will remain closed **through Monday, Labor Day, September 4th**. We will re-open again on Tuesday morning September 5th. Have a safe and relaxing holiday.

***No GYRO class on Tuesday September 5th.**

We will resume the GYRO work on Sept.12th with a new GYROKINESIS® 6-week series.

***Late arrivals**

We must again remind our clients that it is disruptive to the flow and safety of classes when clients arrive late. We will be turning latecomers away from class in order to keep our classes moving in a safe and effective manner.

Thank you for honoring this policy.