



PILATES & SLIMMING
S O L U T I O N S
BY SYNERGISELECT.COM

Date as postmark

Thank you for your enquiry regarding our PILATES courses.

Please find enclosed a course-timetable & price list, together with a client enrolment form, which must be completed in full and returned together with a cheque made payable to SYNERGISELECT LTD. Please refer to the price list for the appropriate fee payable. An enrolment form and cheque must be received before your place can be confirmed.

All bookings will be confirmed either by letter or email no later than one week before the course start date.

Bookings will be made on a first come first served basis, although priority will be given to all regular clients who book by the relevant early bird date. Unfortunately refunds cannot be given in the event of non-attendance once a booking has been confirmed.

Save Money With Our Early Bird Booking Prices –Autumn Term 2007/Spring Term 2008	
Course	Early Bird Closing Date
Aut - Three	Monday 12 th November
Spring – One	Monday 17 th December
Spring - Two	Monday 4 th February

Class Venues

Winterbourne Earls (Nr Amesbury)

Glebe Hall, Winterbourne Earls, SP4 6HA

Salisbury (City Centre)

Energie Fitness formerly The Guilder Centre – 16a-18 Guilder Lane, SP1 1HP

Avonbourne Chiropractic Clinic – 31 Salt Lane, SP1 1EG

If you have any queries then please do not hesitate to contact us on 01980 595 502 or e-mail, info@synergiselect.com. If you wish to be removed from our mailing list please write your name in the space provided below and return this letter in the envelope provided.

We look forward to exercising with you.

Yours sincerely,

Melanie Simsson

Melanie Simsson,
Course Administrator.

Enc: 1 x Client enrolment form, 1 x Course Timetable
1 x Price List, 1 x S.A.E.

Please remove my name from the mailing list. Name:

COURSE DATES FOR 2008

Spring Term 1	Week beg Monday 7 th Jan to week ending Friday 15 th Feb
Spring Term 2	Week beg Monday 18 th Feb to week ending Friday 28 th Mar
Spring Term 3	Week beg Monday 31 st Mar to week ending Friday 16 ^h May (please note there are no classes week beginning 7th April)
Summer Term 1	Week beg Monday 19 th May to week ending Friday 27 th Jun
Summer Term 2	Week beg Monday 30 th Jun to week ending Friday 8 th Aug
Autumn Term 1	Week beg Monday 1 st Sep to week ending Friday 10 th Oct
Autumn Term 2	Week beg Monday 13 th Oct to week ending Friday 21 st Nov
Autumn Term 3	Week beg Monday 24 th Nov to week ending Friday 19 th Dec

CLASS TIMETABLE

WEDNESDAY

Class	Venue	Time
Pilates Mat Improvers	Avonbourne Chiropractic Clinic	8.45am – 9.30am
Pilates Mat Improvers	Glebe Hall	6.15pm – 7.15pm

THURSDAY

Class	Venue	Time
Pilates Beginners	Avonbourne Chiropractic Clinic	5.30pm – 6.30pm
Pilates Improvers	Energie Fitness Centre	6.55pm – 7.55pm
Pilates MBS	Energie Fitness Centre	8.00pm – 9.00pm

Pilates Reformer 1:1 or 1:2 on request

Enrolment Form

All information will be treated in the strictest confidence

Name:			
Address:			
		Post Code:	
Telephone Number:			
Mobile Number:			
E-mail:			
Date of Birth:			
Occupation:			
Sports / Hobbies:			

Does your work/ sport / hobby involve any of the following? Please tick:			
Sitting for long periods	<input type="checkbox"/>	Driving	<input type="checkbox"/>
Bending	<input type="checkbox"/>	Standing	<input type="checkbox"/>
Lifting heavy weights	<input type="checkbox"/>	Any other repetitive action	<input type="checkbox"/>

Has your doctor ever said that you have any sort of heart trouble or defect?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Have you ever been told that you have arthritic joints or any bone or joint problem that may be made worse by exercise?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Are you pregnant, or have you had a baby in the last 6 months?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Have you had any operations or injuries in the last year?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Is there any other good reason not yet mentioned that should stop you performing physical exercise?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
If you have answered 'YES' to any of the above, please give relevant details in confidence.		
Do you suffer from backache?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
If so, do you know why?		

Is your blood pressure?	High <input type="checkbox"/> Low <input type="checkbox"/> Normal <input type="checkbox"/>
Have you ever been given any remedial exercises?	YES <input type="checkbox"/> NO <input type="checkbox"/>
If so, can you briefly describe them?	
Are there any movements that cause you pain? (e.g. raising your arms, bending forward or to the side etc.) please state:	
Have you been referred by a specialist practitioner?	YES <input type="checkbox"/> NO <input type="checkbox"/>
If yes please state their name and contact number:	
What would you like to achieve from the PILATES course?	

Please advise us before commencing a session if for any reason your ability to exercise has changed. It is inadvisable to do Pilates or strenuous exercise between weeks 8 to 14 of pregnancy, unless by special arrangement with your teacher. It is also wise to wait six weeks after the birth before resuming exercise.

With all forms of physical exercise, it is prudent to consult your doctor before starting a course. These sessions are not a replacement for medical counselling or treatment. If you have any doubts about the suitability of the exercise, you should refer back to your medical practitioner. The teacher can accept no liability for personal injury related to participation in a session if:

- Your doctor has, on health grounds, advised you against such exercise
- You fail to observe instructions on safety or technique
- Such injury is caused by the negligence of another participant in the studio

How did you find out about the course? Please state: _____

Course Details

1st Choice:	Venue:	Time:	Date:
2nd Choice:	Venue:	Time:	Date:
Signed:			Date:
For Staff use only: Booking Confirmed:			

Thank you

Please return to:
Synergiselect Ltd, PO Box 1862, Amesbury, Salisbury, SP4 7WA

Pilates Mat / MBS Six Week & Weight Management Courses

Venue: Glebe Hall, Energie Fitness Centre

Full rate: £58.00
 Early bird rate: £55.00
 Book for 2 courses: £96 (two free classes)

Senior citizens

Full rate: £56.00
 Early bird rate: £52.00
 Book for 2 courses: £92 (two free classes)

Venue: Avonbourne Chiropractic Clinic

Full rate: £69.00
 Early bird rate: £64.00
 Book for 2 courses: £120 (1 ½ free classes)

Pilates Reformer & Circuits Six-Week Courses at Avonbourne

	Full Rate	Early Bird Rate	Each / Ind
1:2 / 50 minutes	£168	£144	Each
1:1 / 50 minutes	£252	£228	Ind

Pilates Mat Beginners

This basic level mat session is designed to lengthen and strengthen your entire body using core muscles. Based on the teachings of Joseph Pilates, these movements will help you gain postural alignment, balance and flexibility. Exercises are performed on an exercise mat either lying on your front, side, back, kneeling, sitting or standing.

You will also be provided with a Pilates DVD & Manual for the duration of the 6 week course.

Class durations: 60 minutes

Pilates Mat Improvers

As described above, you will increase your exercise repertoire and flow of movement during the improver class.

Class duration: 60 minutes

Pilates Mat, Ball & Standing (MBS)

This class combines exercises on the mat, Swiss ball and in standing using exercise resistance bands.

Class durations: 60 minutes

Pilates Reformer Classes – 1:1 or 1:2

The Reformer is a gliding platform on which you can sit, kneel, stand or lie on your front, back or side. You push and pull off the foot bar using your arms; legs and ankles to slide back and forth along the rails in a controlled rhythmical manner while the tension in the springs gently work your muscles.

It makes for an effective non-impact stretching and toning workout that is friendly to your joints. For those concerned about Osteoporosis a jump board can be added to the Reformer to all for some light controlled impact work.

Class duration 30 minutes – 50 minutes

Pilates Studio Circuit – 1:1 1:2

The Pilates studio circuit provides the most varied Pilates routine you will probably find in any class. It is a combination of Pilates Reformer, Swiss Ball, Mat and Smart Bell. The session can be adapted for all ability levels and modified for sports such as tennis.

Class duration: 55 minutes

Weight Loss Coaching

Weight Loss / Management 1:1 / 1:2 or small groups within our studio or run within your own home with your friends.

For more details regarding the Coach Me Slim Weight Loss Programme, please call us on: 01980 595 502 or visit the website – www.coachmeslim.com

CLIENT FEEDBACK

“The course has been excellent. It has gone along at just the right pace with detailed instruction so that you know exactly what you are supposed to be doing. I feel much better after the class, it doesn't leave you feeling exhausted or sore, it's quite relaxing as well as being therapeutic. It gives you the feel good factor and a sense of well-being”

Jane, Health Visitor, Salisbury

After 12 years of various treatments for a serious back injury, which resulted from a car injury, I finally started to attend Erak's Pilate's classes on the recommendation of my Chiropractor. 8 months since starting the classes my back pain has completely gone, no more visits for Chiropractic treatment and general feeling a whole lot better about things, I would highly recommend Pilates to anyone suffering with lower back pain it has certainly worked for me.

Pam Morgan, Salisbury

Recommended by my Physiotherapist I started attending Erak's Pilates classes, I can say this is the best my back has felt for ages, I can really feel the difference and my posture is so much better

Gaenor, Business Owner, Winterbourne Earls

A number of years ago I was diagnosed as having 2 bulging disks in my lower back which were affecting the sciatic nerve in my right leg, to the extent that I had no reflex action in my right foot/ankle and was probably going to need surgery. The Army downgraded me indefinitely.

In 2004 I got referred to Erak Simsson to start my rehabilitation / Pilates classes. I was dubious to start with as it is different from any other form of training that I have ever done, low impact and no pain. But as they say the proof is in the pudding.

Since doing the Pilates and passing my fitness assessment with Erak I have completed both of my Basic Personal Fitness Assessment a bi-annual assessment and the Combat Fitness Test carrying over 30lbs of weight for 8 miles in 2 hours this is the first time I have passed both of these tests since getting my back injury. I have also started Rock climbing again and completed an expedition to the Spanish Pyrenees, which included trekking over 3000m peak carrying enough kit for 2 days and a night on the hills.

I know my back will never be back to being 100% again but thanks to Erak's help I am living a normal life again like I was before my injury.

Tony Clark, REME, SSgt British Army

I was extremely impressed with Erak's level of expertise and professionalism. I really felt confident that he knew what he was teaching and had the expertise to really coach the finer points. I think the size of the class was just right. I also liked having options for different exercises so we could go easier or harder, depending on our abilities especially as I suffer with lower back pain.

Janice, Winterbourne Earls

“After completing a few months of Pilates with Erak, my back feels a lot stronger, more supported and stable and the pain from a previous severe back sprain has gone”

Jo, Counsellor, Salisbury

“I heard about Pilates some time ago, but was not completely sure it would be for me, why did I wait, it’s excellent”

Elizabeth, Teacher, Salisbury

I was referred to Erak by Physiotherapist for rehabilitation due to acute lumbar back pain caused by Spondylosis. My experience of Pilates has been minimal and I must confess to viewing it with some scepticism.

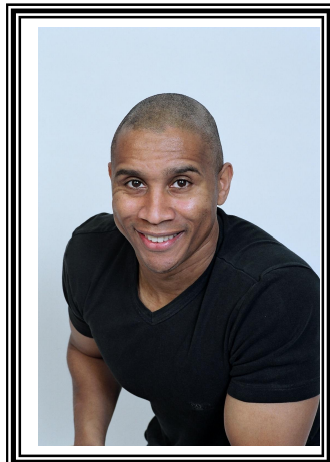
Erak’s first lesson on what core stability is and does was, for me, instrumental in understanding what Pilates is all about and what the benefits of following an individual programme would be. Initially my mobility and tolerance to movement was very limited, I found a few of the exercises hard to get to grips with due to my lack of co-ordination and balance! However, due to Erak’s constructive coaching, encouragement and his relaxed instructional techniques he taught me how to master the exercises. Erak constantly assessed and adapted my exercise programme as my ability improved so that if I got complacent he would add new challenges to ‘keep me on my toes’. Erak’s is a very diligent, patient teacher whose expertise has been the key to my success. Even after a couple of sessions I found myself becoming consciously aware of how I was holding my posture and controlling my core muscles. Within a couple of weeks it was obvious that my posture and the general way that I carried my self had greatly improved, my lower back muscles and abs had strengthened considerably, so much so that I can now lead an almost normal existence with greatly reduced pain levels. This in turn has led to a greater degree of self confidence and a general sense of well being.

Since starting Pilates classes some months ago I have become fitter, stronger and more confident with myself. Pilates has emphasised the need for core stability and has helped me get back into shape and improve my daily life. My early scepticism was completely unfounded and I would recommend Pilates to anyone.

I would personally like to thank Erak for all his hard work, direction, effort and advice in helping me get my life back on course.

Daniel Rudd, 34, Telecommunications, Dorset

Meet Your Teacher



Erak Simsson BSc (Hons), Cert Ed
Stott Certified Pilates Instructor &
Member of The Australian Physiotherapy Pilates Institute

Your successful understanding and practice of the Pilates method is Erak's main focus. With over 10 years experience, including setting up and running classes for back pain sufferers in private and general hospitals; provides him with the ideal background to teach and progress you safely through learning and practising the Pilates method.

Why not benefit from attending one of his small group classes, which are all, supported with a class DVD and Pilates workout guide manual to assist you when you're away from class.