

## 2015 – What a Year!

So much happened in the world of Kaya during the past twelve months.

In 2015 Koula and I opened our second club, at Emporium, three years after opening the doors of our Prahran club. At the same time we welcomed another baby into the world - our son Lucas.

Kaya began with a vision: an affordable yet specialised health club, offering authentic teachings and programmes, a convenient variety of class types (to stimulate the body and motivate the mind) and unlimited, unrestricted access to all classes.

It has been proven that training in groups motivate, and this is why we offer so many group classes. Being part of a group is energising, and having others beside you pushing through that last round of upper cuts in a box fitness class, or those final scooters in a reformer Pilates, definitely makes the challenge easier and more enjoyable.

We grew from just over 100 classes in January 2015 to more than 140 classes at PRAHRAN by November, with even more classes being added to the timetable early this year!

In 2015, we introduced Meditation and Yin classes. Our members were asking for more mindfulness based, restorative programmes, and we listened.

Two exciting new pieces of cardio equipment arrived at the Prahran club – a POWERMILL and FLEX RIDER. Try them out if you haven't already!

None of what we have achieved this year would have been possible without you, our members. Thank you for your continued support and belief in us. Everything we do, we do with our member's best interests in mind. So wait until you see what we have planned for you this year...

## 2016 - The Year Ahead

Our aim is to constantly exceed our member's expectations and strive for excellence by improving and enhancing what we do. We're not perfect, but our aim is to evolve. 2016 is set to be a massive year, with the introduction of many exciting new things for you.

### Kaya Barre classes - en pointe as of February!

A class that will leave you feeling lengthened and strong, and create a dancer like body. Kaya Barre classes will stay true to Barre's Ballet origins, but have a distinctive focus on repetitive and functional movements, with an emphasis on core activation.

This class will be suited to all levels of experience, with modifications and progressions provided.



## Express Boxing

Our express boxing classes took off at Emporium in 2015, so in 2016 they will hit Prahran. A full body strength, conditioning and cardio workout in just 30 minutes!

Refer to the club news section of this newsletter for details of all the NEW classes landing at Kaya in early 2016.

## We Educate,...



Koula and I always wanted to provide more than just access to classes and equipment. We wanted to impart knowledge. Education creates confidence and empowers, so it continues to be an important part of Kaya in the form of workshops and courses. Our first education event in 2016 is a FREE Yoga Nidra workshop on February 13th. Yoga Nidra is a deeply relaxing practice to quieten the mind and relieve physical tension. Book in at reception or online.

## The Australian Ballet

Kaya will continue to support the minds and bodies of The Australian Ballet cast during 2016. So you will continue to see the dancers in both club locations.

Kaya will still be the official yoga and Pilates provider for the Melbourne Storm rugby team during 2016, assisting players with physical preparation and injury rehabilitation.



We welcome an exciting partnership with Orchestra Victoria in 2016. All instrumentalists use major muscle groups to control their instrument and to create force that translates into sound. The core is the power centre of all movement, so it's vital that musicians train and balance their core muscles. You may see orchestra members lugging their French Horns in to the club or breaking into flute solos in the change rooms.



## Make 2016 YOUR Year!

Let's all start the new year on the right foot. Start the year by letting go of anything that may have worn you down and kept you 'playing small' last year. Life's short. Don't let another year slip by wasting time on things that don't matter. Make a decision not to sweat the small stuff. Focus on creating more precious and memorable moments with the people that mean the most in your life. Make time for them.

Start small, and change one unhealthy pattern at a time – going cold turkey is not always sustainable. Resolve to drink alcohol less often, quit smoking or exercise more. Commit to trying a new class at Kaya. Join us in starting something NEW in 2016!

Until next time...

Cheers,  
**Christian**

# Club News—Happenings at Kaya

## Would a Permanent Locker 'SUIT' you?

LIMITED NUMBER of locker rentals available  
(medium size only)

If you'd prefer to leave your toiletries and training gear behind when you head off to work, you now can.

Pre-Pay for a Permanent Locker for only \$10 per week (minimum 12 week period).

If this interests you please see reception or email [info@kayahc.com.au](mailto:info@kayahc.com.au)

- Your full name
- Club location (Emporium or Prahran)
- Advise that you'd like to HIRE a Permanent Locker for a minimum period of 12 weeks.

**HURRY!** We only have a handful of lockers for HIRE available.

## Get the most out of your Kaya experience.

Please be mindful of other members whilst in the club by remembering some simple yet important class etiquette:

- Keep our studios a quiet, safe and tranquil place by NOT bringing mobile phones or glass bottles into class.
- No mobile phones in our Cardio or Weights zone either, as these are 'MOBILE FREE AREAS'.
- If a class has started, please refrain from entering the studio. This is for your safety and to avoid interrupting other member's experiences.
- If you do need to leave class early, advise the teacher / instructor prior to the class commencing and position yourself near the door to allow for minimal interruption.
- For safety and hygiene reasons please wear covered toe footwear at all times when training in Cardio and Weight zones.
- We love seeing you sweat, but please wipe down all equipment after use. Bring along a sweat towel each time you train. If you happen to forget, see reception as we provide Towel Hire.

## Grip Socks-Pilates & Yoga

Available at reception for purchase.

As the days get warmer, you may find your grip on the Yoga mat or Pilates Reformer Bed getting harder to maintain.

Grip Socks provide extra support for your feet and your body.

Normal socks cannot be worn in classes as they are a safety hazard.

**Only \$10 – see Reception to purchase.**

## NEW classes...

I'm sure you would agree we're pretty good when it comes to adding new classes. We constantly review our class timetables and as our community and interest grows, so do our classes! We're excited to be adding all these new classes across both locations.

### PRAHRAN

CLASS	DAY	TIME	COMMENCES
Spinning (45MIN)	Fri	6:15am	29 Jan
Express Boxing (30MIN)	Mon	12:15pm	1 Feb
Express Boxing (30MIN)	Wed	12:15pm	3 Feb
Express Boxing (30MIN)	Wed	6:30pm	3 Feb
Yoga (VINYASA) (75MIN)	Sat	8:00am	9 Jan
Yoga (HATHA) (60MIN)	Sat	3:00pm	16 Jan
Yoga (YIN) (60MIN)	Sat	4:00pm	16 Jan

### EMPORIUM

CLASS	DAY	TIME	COMMENCES
GRC (45MIN)	Tue	6:30am	In Feb
GRC (45MIN)	Fri	6:30am	In Feb
BFC (45MIN)	Thu	7:15am	28 Jan
BodyArt (45MIN)	Thu	6:30pm	28 Jan

### CLASS CHANGES – EMPORIUM...

We're constantly making improvements to our class scheduling. Based on member attendance and feedback the following classes will be taking place:

CLASS	DAY	NEW TIME	COMMENCES
GRC	ALL	7:00am	4 Jan
GRC	ALL	7:45am	4 Jan
GRC	Mon	8:30am	11 Jan
GRC	Wed	8:30am	13 Jan
Yin with Meditation	Wed	7:15pm	13 Jan
Yoga (VINYASA)	Thur	7:00am	14 Jan
Yoga (VINYASA) (60MIN)	Sat	9:15am	15 Jan
BFC	Sat	10:00am	16 Jan



## PILATES FUNDAMENTALS COURSE—FREE for Emporium club members

### A practical approach to Pilates...

#### Who should attend?

Individuals who seek to learn the basics of Pilates.

#### You'll learn:

- Reformer Bed set up and terminology
- About neutral spine and pelvis
- How to engage your core muscles, and the benefits of this
- Simple anatomy interpretations in reference to Pilates | Body position awareness
- About Safety
- And maximising your workouts

#### COURSE DETAILS

**When:** Wednesday 24th February

**OR** Wednesday 23rd March

**Time:** 6:00pm arrival for 6:15pm sharp start

**Where:** Kaya EMPORIUM

**Duration:** 60 minutes

#### To Book:

See reception or book online at [kayahealthclubs.com.au/education](http://kayahealthclubs.com.au/education)

Cancellation fee of \$30 applies if less than 72 hours notice



## KAYA BARRE – Launches this February!

Kaya BARRE will incorporate less ‘fluffy’ moves – “those moves that look amazing but fail to target or activate muscles.”

We won't steer away from the authenticity of Barre and it's origins of Ballet. But we will focus more on repetitive and functional movements, with a constant focus on core activation.

This is a class that will build and define muscle, leave you feeling lengthened, and create a dancer like body. All in 45 minutes!

Kaya Barre will combine the principles of Pilates, classical ballet and functional movement. Throughout the class you'll focus primarily on alignment and posture with an emphasis on activating correct muscles.

The class will follow a similar format to a Classical Ballet class - Warm up, Barre, Centre Work and Cool Down. Kaya Barre will incorporate PILATES specific exercises within a class setting.

This class will be suited to all levels of experience, with modifications and progressions provided.

## PRAHRAN\* (GROUP X STUDIO)

- Monday 9.30am
- Monday 6.30pm
- Tuesday 6.15am
- Tuesday 12.15pm
- Wednesday 5.45pm
- Thursday 5.45pm
- Friday 6.15am
- Friday 9.30am
- Saturday 10am

## EMPORIUM\* (MIND & BODY STUDIO)

- Monday 6.30pm
- Tuesday 7.15am
- Wednesday 5.45pm
- Thursday 12.15pm

\*Class times may change



## YOGA NIDRA Workshop

Complimentary for our members and their guests

*A deep relaxation practice which quietens the Mind and releases Physical tension in one's body.*

**This practice will leave you feeling Relaxed and Rejuvenated!**

**When:** Saturday 13th February

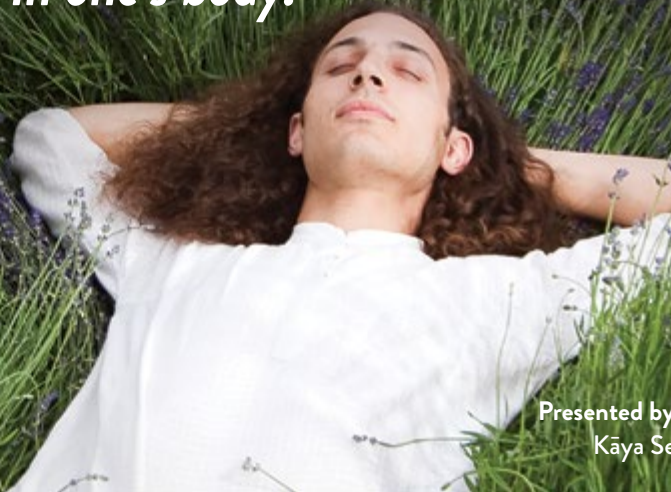
**Where:** Kaya PRAHRAN

**Times:** 10:30am arrival for a 10:40am sharp start

**Duration:** 1½ hours

**RSVP:** Book at Reception or online at [kayahealthclubs.com.au/education](http://kayahealthclubs.com.au/education)

**SPACES STRICTLY LIMITED**



Presented by Jenny Ellinghaus  
Kāya Senior Yoga Teacher

**KĀYA**  
EDUCATION

## INTRODUCTORY PILATES | YOGA COURSES

### Education creates Confidence

Kaya Introductory Courses are intended specifically for individuals who may be new to the disciplines and seek a slower, more comprehensive introduction.

During the course, students will be guided through exercises and will learn the terminology used in Pilates and Yoga.

### Our courses teach students:

- Philosophy
- The fundamentals of the discipline
- How to use the equipment correctly and safely
- How to perfect technique

### Yoga Introductory Course

**Dates:** 27th February

**Course Duration:** 2 hours; 12.30pm-2.30pm

### Pilates Introductory Course

**Dates:** 20th February

**Course Duration:** 3 hours; 12.30pm-3.30pm

**Course location:** Courses take place in the nurturing, ambient, and premium surroundings of Kaya PRAHRAN

### How do I book?

Book at Reception or online at [kayahealthclubs.com.au/education](http://kayahealthclubs.com.au/education)

**SPACES STRICTLY LIMITED**

### Cost?

FREE for Kaya HOME and CORE members.  
Non-members \$80.00



## MEMBER INSPIRATION

### Our member Francine Marques shares with us all her journey with Ovarian Cancer.

“Early in 2015 I became a statistic. At the age of 31, I was one of the 1500 women diagnosed with ovarian cancer each year in Australia. However, I am one of the lucky ones: after two surgeries and five months of chemotherapy I am now in remission. My cancer journey motivated me to create a Facebook page and blog called “Chemo and Beauty” ([chemoandbeauty.wix.com/chemo-and-beauty](http://chemoandbeauty.wix.com/chemo-and-beauty)), to share tips on well-being and beauty to support other chemo girls.

You may have recently seen me on national news sharing my story...

Kaya’s support during my big C journey, and now recovery, has been essential. I couldn’t do Pilates during chemo as I was constantly exhausted; nonetheless I am very excited to be back now! It is not easy as I lost a lot of my strength with my treatment, but slowly and with the help of the great instructors at Kaya I am getting back to my normal healthy, happy state!

I have learnt a lot with cancer: that hair and looks are not everything, that everything in life depends on our perspective, and there is nothing like family and friends. Every day is an amazing new day! In this sense, the cancer has been a blessing, and not a curse, because it has allowed me to see life in ways I never thought possible before.”

I feel its important that women know the symptoms of ovarian cancer. I’ve listed a simple checklist below.

It can be difficult to diagnose ovarian cancer because the symptoms are ones that many women will have from time to time, and they are often symptoms of less serious and more common health problems.

But we do know that ovarian cancer is NOT a silent disease. Women who are diagnosed with ovarian cancer report four types of symptoms most frequently:



- Abdominal or pelvic pain.
- Increased abdominal size or persistent abdominal bloating.
- Needing to urinate often or urgently.
- Feeling full after eating a small amount.

If you have any of these symptoms, they are new for you and you have experienced them multiple times during a four week period, go to your GP.

## MEMBER BENEFITS AND PRIVILEGES



### PARKING IN THE CBD for only \$4 - EMPORIUM members

We excited to announce our partnership with Secure Parking.

**Emporium Members wishing to PARK and TRAIN at Kaya EMPORIUM in the EVENING will receive a preferential rate of only \$4.00!**

This is also extended to weekends.

This Kaya member parking benefit is only available at The Strand Secure Parking car Park (Enter via 323 Lonsdale Street).

BOOK online through [secureparking.com.au/secure-a-spot](http://secureparking.com.au/secure-a-spot)

**USE CODEWORD: ‘KAYA4’** to receive the \$4 rate.



YOUR PRAHRAN EATERY SINCE 1992

Babble Bar and Café is not your typical local. As an old weatherboard home-turned café/bar, their seasonal menu and friendly staff are what make it a Prahran culinary institution.

Established more than two decades ago, Babble is synonymous with the edgy food and great coffee for which Melbourne is famous.

**KAYA MEMBERS RECEIVE 20% OFF all food and meals by simply showing your Kaya membership tag.**

The only thing you’ll need to do is spend a minimum of \$15.

**Emporium Melbourne** Lv 5—287 Lonsdale St, Melbourne

**Prahran** 325 Chapel St, Prahran

t: 9090 1000 w: [kayahealthclubs.com.au](http://kayahealthclubs.com.au)



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MELBOURNE’S FIRST MIND & BODY HEALTH CLUB