

### Kaya Emporium Opens its Doors!

What an exciting few months we've had! Since our Emporium club doors opened, we have been so warmly welcomed into the community. I'd like to thank all our Emporium members for believing in us. Many of you took a leap of faith and bought memberships 'off the plan' prior to club construction finishing. It's great to see so many members enjoying the club and loving their Kaya experience.

Just like our baby Lucas, our Emporium baby is growing daily. We are continually evolving, and welcome any form of feedback from our members – as this is how we will continue to develop. I am so thankful to the entire Kaya team for making Emporium happen. There is no way Koula and I could have done it on our own. Every single team member contributed to what was a mammoth but rewarding project: thank you!

### Ask for Help...

The support of others is truly important, and this has become apparent to me throughout the recent changes in my life. Fathering our newborn, Lucas; maintaining our 'first baby', the Prahran club; and birthing a third baby, the Emporium club, has been challenging! At times I couldn't understand why I was feeling down when everything around me seemed great: the Kaya team, my family, the growth of our businesses.

I began neglecting myself and stopped exercising. It's so easy to let our healthy habits slip when we're not feeling great, but eating well and exercising, along with getting adequate rest, are crucial to our wellbeing. So is seeking help when we need it. My message ties in well with R U OK? Day this September, a day that encourages us all to have regular, meaningful conversations with others about the way we are feeling. I needed to learn to speak out, to ask for help. It's easy to put others before ourselves – I am guilty of doing this; but we need to fill our own cups first, so that we are better able to help others. I urge you to invest in yourself: find someone you can speak openly and honestly to. I personally see a counsellor. I am able to talk for an hour about myself, and have someone listen without judgement. I encourage you to find someone you resonate with – and this may mean trying several professionals to find the right fit for you. Ultimately, most of what we are dealing with is just thoughts, demons that can overpower us and sabotage what we want to do. Talking things out provides clarity and peace of mind. It's okay not to feel great all the time. It's okay to request help whenever you need it. It's okay to ask others: R U OK?

Until next time, enjoy the sunshine!

**Christian**



**R U OK?**<sup>™</sup>  
A conversation could change a life.



# Club News

## Club Etiquette:

At Kaya, we always put member safety first. To assist us with this, please remember the following to continue ensuring that everyone enjoys their experience at Kaya.

- Shoes are to always be worn on the weights and cardio floor- even before and after classes
- Mobile Phones and Shoes are NOT to be taken into the studios. Racks are provided in The Yoga Studio for your belongings, but please ensure your mobile phone is turned off.
- Once a class has commenced, please refrain from entering the studio. The instructor has already spoken to the class about injuries and is beginning to warm up the class. For your safety and that of everyone in that class, do not enter a class once it has commenced. You can return to reception and see what other class options are available.
- Kaya provides lockers for your convenience whilst using the facilities, a reminder that these are single use lockers only and personal belongings cannot be left in lockers when you are not present in the club. Lockers are checked and cleared out each night by the Kaya Team.

## New additions in our Cardio Zone

### FlexStrider:

A newly designed machine with a free-motion path allowing you to emulate true walking, jogging and running motions, giving you a low impact, total body workout. The FlexStrider lets you vary the length on the fly, providing a higher caloric burn due to the body's need to maintain stride control. Sound interesting? Then jump on and give it a go!



### PowerMill Climber:

This powerhouse is perfect for high-intensity, low-impact training giving you the ability to walk up 12 steps per minute, up to 185 steps a minute. This will definitely get your heart racing and your legs burning as you climb your way to the top!



**See reception for any assistance with any of the equipment and enjoy adding some fun variety to your workout.**

## New Yoga Mats at Prahran:

Your Yoga mat is a very integral part of your Yoga practice, which we provide members to use. To ensure that your Yoga experience is perfect each time, we have replaced our Yoga mats at Prahran. See you soon on the mat!

## Want to access and train at both clubs? Here's how!

A reminder that Home/ Core Memberships which are assigned to one club, can only use that club. E.g A Prahran member can only use the Prahran club. Members have the option to upgrade to a Dual membership—giving you unlimited access to both clubs, or you can transfer from one club to the other, giving you access to that club only.

Please see reception at your Home club for any assistance with your membership.

## Emporium Timetable:

At Kaya, we listen to our members and aim to cater to everyone's needs and lifestyle. As our Emporium community begins to grow and blossom, we are regularly updating the timetable to reflect this.

Over the following few weeks, please always refer the current weeks' timetable to see what classes are on- these are available on the website and also at reception for you to collect.

## New Classes!

| CLUB     | CLASS                   | DAY, DATE & TIME          |
|----------|-------------------------|---------------------------|
| Prahran  | Vinyasa (Josh)          | Thursday 24th Sept—9:30am |
| Emporium | Yoga-Yin (Wendy)        | Tuesday 15th Sept— 7:15pm |
| Emporium | GRC (Jodie)             | Thursday 10th Sept—6:45pm |
| Emporium | Express Boxing (Andrei) | Monday 7th Sept—5:15pm    |

## Are you pregnant, thinking of becoming pregnant or have recently given birth?

Be sure to come along to our **Pre & Post Natal Pilates Reformer** class at Prahran- a safe, nurturing environment where our qualified instructors will take you through safe, modified, challenging and rewarding exercises for your body. This class is available to Prahran and Emporium members and is also open to non-members, so be sure to share your experience with your mothers group!

## Introductory Courses — Pilates | Yoga

**Complimentary for Kaya Home, Core and Dual members from both Prahran and Emporium.**

*Have you tried our Introductory Courses yet?*

Kaya Introductory courses are intended for individuals who may be new to the discipline 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.

### You will learn about:

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

**All Introductory Courses are held at the Prahran Club.**

Secure your spot by visiting [kayahealthclubs.com.au/education/introductory-courses](http://kayahealthclubs.com.au/education/introductory-courses) or see Reception, spaces limited.

## Pilates

|          |                          |                |
|----------|--------------------------|----------------|
| Saturday | October 3 <sup>rd</sup>  | 12.30pm-3.30pm |
| Saturday | November 7 <sup>th</sup> | 12.30pm-3.30pm |

## Yoga

|          |                           |                |
|----------|---------------------------|----------------|
| Saturday | October 10 <sup>th</sup>  | 12.30pm-2.30pm |
| Saturday | November 21 <sup>st</sup> | 12.30pm-3.30pm |

We spent 5 minutes with Ali Frias and Jodie Sheehy and asked them all about their teaching, life and everything Pilates! Be sure to jump into one of their classes or see Emporium reception to learn more about Private sessions with Ali and Jodie.



**Ali Frias-Jackson:**

e: [alif@kayahc.com.au](mailto:alif@kayahc.com.au)

**How would you best describe your teaching style?**

"My teaching style is very focused on correct alignment and using the body as a power house of strength rather than fatiguing

muscle groups. I hold a great deal of respect for the human body and believe in enhancing its potential rather hindering it, Hence the importance of correct posture and alignment to maximise muscle activation and results. I love taking people beyond their initial expectations of achievement, and seeing them become more confident with not only pilates, but themselves, I often say it's a gate way to health"

**What does Pilates mean to you?**

"health... for me it goes beyond exercise, it is a lifestyle (or part of). We invest in our look, our lives, our wallets and I believe we need to invest in our physical health. Pilates is a balanced, all round approach to existing in a positive and strong body- when you feel confident and strong you approach life in the same manner. "

**What do you love about teaching?**

"I find great satisfaction in Re-shaping bodies!! It's like having playdo and through correct practice, the results people want, happen- I love getting people to their physical peak! "

**I am sure you have many, but what would be your favourite Pilates exercise?**

"Full Pike, it's the ultimate core workout... and straight leg lunges on 1/2 spring (soooo good for your gluteal stability and it's the perky butt go to)"

**Your least favourite exercise?**

"Scooter hahaha, I don't do well with heavy load through my quads. "

**Most helpful tip:**

"Don't be afraid to take a step back to take three steps forward, sometimes we need some help or guidance to re-set our bodies onto the right track again."

**What is your favourite cue to use in class?**

"quality over quantity "

**What can be expected in your classes?**

"Sneakiness... Haha... It feels like it's going to be relaxing, until you start!"



**Jodie Sheehy:**

e: [jodies@kayahc.com.au](mailto:jodies@kayahc.com.au)

**How did you choose Pilates and what led you to this point in your life?**

"After school, I won a scholarship to study full-time in performing arts dance. I worked as a dancer and dance teacher for a number of years before deciding to try other things. Owning a cafe in St Kilda was one of those things. I travelled around the world studying dance and practicing Pilates and constantly wanted to learn more, I trained in Stott Pilates and spent time in New York and LA learning from some of the greatest (and harshest) teachers, which inspired to me to begin studying Exercise Physiology at Victoria University."

**You were with Kaya when the doors first opened at Prahran and then took some time off, what did you do during this time and what brought you back?**

"I was working at Prahran and across Melbourne with some great Physiotherapists and Osteopaths when the opportunity was presented to me to train 2 people on their Super Yacht around the Mediterranean for three months. It was an opportunity that could not be missed and my Pilates gear and bathers were packed ready to go, leaving from Ibiza and finishing in Greece. I then travelled to New York to do as many fitness classes as I could when I was asked to join the Yacht for their Caribbean tour... how could I possibly say no!

My desire to study further and learn more about the body and Pilates brought me home to Melbourne, where I now work with students at VCA, dancers, people with injuries, fitness clients and of course Kaya members."

**What would be your favourite Pilates exercise?**

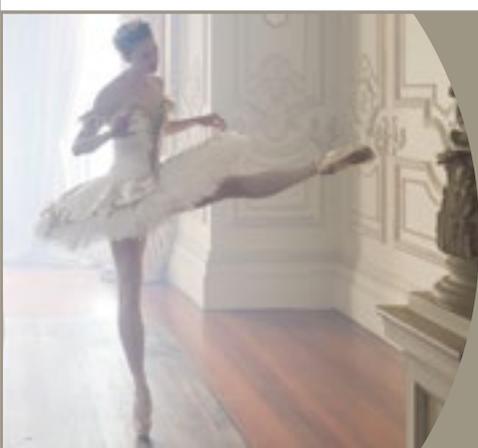
"My favourite exercise would be anything glute related. I love glutes! GLUTES!"

**What would be your least favourite exercise?**

"Most hated exercise? None. I love them all... Although I'm not a fan of the elbow plank and I'm yet to figure out the function of holding a plank for longer than one minute. Pilates was created with functional benefits, therefore no exercise is bad, but some may not work for your body. Generally the ones we hate, are the ones we know we should be doing."

**Tell us about your teaching style-**

"My teaching style is fun, but hard. My instruction is direct, there's not a lot of fluff. I also like to push people beyond what they think they're capable of. That's something that must be done with the understanding of what happens physiologically in the body to encourage training benefits. Personally, I like to work hard, but I understand that's not for everyone. I like people to listen to their body. Just because I say to do something, if it doesn't feel right, don't do it!



KAYA IS PROUD TO BE SUPPORTING THE MINDS & BODIES OF

The Australian Ballet

THE SLEEPING BEAUTY

MELBOURNE 15<sup>TH</sup>-26<sup>TH</sup> SEPTEMBER

# EMPORIUM OPENS ITS DOORS!!

It has been a long time in the making, with endless hours of planning and preparation from the Kaya team- and it certainly has not disappointed!

Kaya opened its doors on 10th August and the community has been evolving and growing ever since. We welcome new members to the Kaya family and also current members who are now accessing Emporium as well. Thank you for your loyalty and understanding throughout the beginning phases and we hope it is everything you thought it would be.... Plus more!

Here is a sneak peak through the doors of Kaya Emporium



## KAYA PARTNERS WITH...



### COUNTRY ROAD ACTIVE

You may have noticed the Kaya team sporting some good looking uniforms. We are excited to announce that we have partnered with Country Road Active and their stylish and functional new range of activewear, including gym clothes, yoga gear, sportswear and workout essentials.

Country Road Active launched late 2014, bringing the perfect combination of form and function. They have brought a fashion edge to performance activewear for the ultimate balance of sport and style.

Stay Tuned...



### KAYA TAKES OVER EMPORIUM!

We were very fortunate to partner up with Lululemon Emporium to host a Flash Mob Yoga Class as part of the launch of Melbourne Spring Fashion Week.

An excited bunch of yogis staggered throughout Emporium Melbourne certainly provided a different experience for those on their mats... and those walking by. A fun, vibrant class bringing people together for the love of yoga and the love of community.



Emporium Melbourne Lv 5—287 Lonsdale St, Melbourne

Prahran 325 Chapel St, Prahran

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



FOLLOW US @KAYAHEALTHCLUBS

# KAYA

PILATES  
YOGA  
FITNESS

MELBOURNE'S FIRST MIND & BODY HEALTH CLUB