

The humble chair comes alive!

# Chair AFFAIR

What is huge fun, sensual and rhythmic, visually beautiful and a secret workout – secret, because you will be having so much fun, you won't notice that last bit? It's Chair Dance – and it's right here now in Pukekohe.

Helen Kirk is the perfect person to bring Chair Dancing to Franklin. Helen, better known for her work as a Pilates instructor, is a former classical ballet dancer. She trained under leading Instructor, Dorothea Ashbridge (trainer of Limbs Dance Group) for almost two decades. Helen won Honours of Distinction and Merit in all grades of Modern Dance, so Chair Dance gives her the perfect medium to combine fitness training with her love of dance. And as every woman knows, given the music and the floor (or chair), she will swing right into the rhythm. That's what makes Chair Dance so great for women of all ages – it's easy because it's a way to express that inner spirit to music and create personal fitness. The mood is as varied as the rhythm and no partner required! All that's needed is a straight-back, armless chair, music and a routine. It all starts off slowly with a ground warm up for the stomach muscles, a stretch for the abs and legs. Now you're ready to learn the opening routine- go! The tempo quickens as Helen flows into a graceful dance, each move placed around the supporting chair. Her posture is beautiful, as back muscles strengthen, diaphragm tightens and glutes warm to the occasion. As the body feels the music, each step builds into the next. Yay! You're the student and you're dancing! But never as before. As confidence builds, the routine extends – all at your own pace. The work is there, but it's such fun – dancing always is – it's easy. Once you're away and dancing, you can be as expressive (and raunchy) as you please. Throw in some jazz. A little Flashdance perhaps? Or something slow and sensual. Classes are small and intimate, so here's a chance to let down your hair and EXPRESS. Oh, and did I mention the fat is burning off at the same time? That's the secret part of Chair Dance.

## Convenient

can be done any place, in any shoes and clothing, and in a limited amount of space.

## Unique

as a seated exercise programme that improves muscle tone, flexibility, and cardiovascular endurance.

## Fun and fitness

of dance exercise and no impact aerobic format.

## Beneficial

to people at all fitness levels as an alternative to conventional exercise.



NEW TO FRANKLIN

**Chair  
Dancing**

Class times  
Mon - 4pm, Wed - 7pm

**Pilates  
Shopez**

Class times see session times  
on [www.pilatesshopez.co.nz](http://www.pilatesshopez.co.nz)

**Call Helen  
for an appointment  
and book a class**

- Chair dancing
- Pilates Instruction
- Pregnancy programmes
- Core Strengthening
- Sport Rehabilitation

**Helen Kirk ph: 027 278 6075**

20 years experience Internationally qualified  
[www.pilatesshapes.co.nz](http://www.pilatesshapes.co.nz)