



# The Maple Clinic Newsletter

December 2011

## New Pilates Classes!

We are now offering Pilates Classes and are tailoring classes to suit various people and their interests or the injuries. In November we ran a very successful Pilates for Athletes course with a focus on creating a challenging class to build core strength and stability. The feedback was great. This will start again in the January and include use of hand weights and balance balls to challenge and work the body. We will also be starting a Pilates for Back Pain course in January and in February will be starting pre and post natal Pilates classes. If you are interested visit our website to enrol or to find out more information. [www.mapleclinic.ie/left-menu/Pilates.htm](http://www.mapleclinic.ie/left-menu/Pilates.htm)

### *Class dates for January*

Class	Time	Date	Location
Pilates for Back Pain	6.30pm Thurs		
Pilates for Athletes 1	7.30pm Thurs	Jan 19th - Mar 1st	St Tiernans Community School Sandyford Rd, Dundrum
Pilates for Athletes 2	8.30pm Thurs		

## Daily Mail Review of the Clinic

In November we got a great write up in the Daily Mail. They did a feature on Sports Massage as part of the alternative health section. The review of the clinic was really positive. It did mention bright lights and a skeleton so we now have a softer lighting option available for those who'd prefer it, but the skeleton remains on the shelf!

Our favourite line from the review is in the text box to the right.

If you would like to read the full article you can read it here:

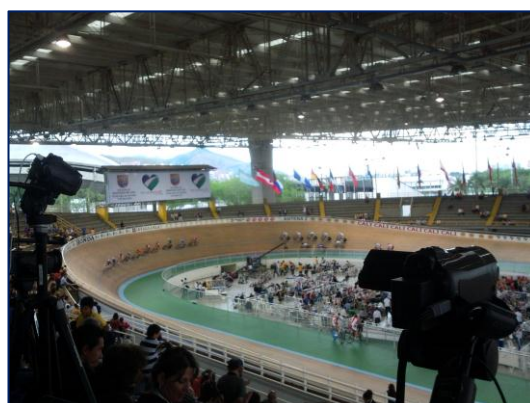
[www.mapleclinic.ie/uploads/Articles/DailyMailFeatureonSportsMassage2011.pdf](http://www.mapleclinic.ie/uploads/Articles/DailyMailFeatureonSportsMassage2011.pdf)

*"One thing is for certain, if you like a really deep tissue massage - and I know many people who definitely do - Karen is the go-to person"*

## A trip to Columbia with the Irish Cycle Team

Karen travelled with the Irish Track Cycling Squad to Cali in Columbia to work with them as they took part in the 2<sup>nd</sup> round of the UCI Track Cycling World Cup. Cali is a friendly city, noisy from horns, drums and salsa music all hours of the day, the locals have love of cycling, and it has the best spectators on the fastest track of the World Cups. Oh and its warm – about 27 degrees.

Martyn Irvine continues his great form placing 5<sup>th</sup> in his event - Omnium - and is continuing to gather points to help him qualify for the Olympics. The omnium is a new introduction to the Olympic Games, and comprises of 6 events over 2 days, with riders gaining points in each event. He needs to do well in his next races in Beijing (Jan), London (Feb) and the World Championships in Melbourne to cement his qualification to the Olympics. Caroline Ryan placed 7<sup>th</sup> in her event (the Individual Pursuit) qualifying for the World Championships in Melbourne in April, but unfortunately her event isn't in the Olympics in 2012 so she cannot qualify for it. Ciara Horne did a personal best to place 11<sup>th</sup> in her event also the Individual Pursuit, fractions of a second outside of a Top 10 placing. There are a few photos on our Facebook page of the trip. <http://www.facebook.com/pages/Maple-Clinic/10150091570050065>



## Keep on talking....

I want to say thank you to all our clients for their business during the year and for recommending the clinic to your friends and family. We track how new clients hear about the clinic and word of mouth consists for over a third of all methods of referral. We really appreciate your recommendations and will continue to give large reductions off your next appointment when a friend you referred books in, as our way of saying thank you.

## Festive Cheer...

**Some jokes more suited to a Christmas cracker than main stage at a Comedy Show.....  
Prepare to cringe!**

Q. What do you get if you cross Santa with a duck?

A. A Christmas quacker!

Q. What do you get when you cross a snowman with a vampire?

A. Frostbite!

Q. What do you get if you eat Christmas decorations?

A. Tinselitus!

Q. Who hides in the bakery at Christmas?

A. A mince spy!

**Lastly I would like to say Happy Christmas and Best Wishes for  
the New Year to all our clients.**

*Karen*



The Maple Clinic

4s Seafield Hse  
Seafield Rd  
Boosterstown  
Co Dublin

[www.mapleclinic.ie](http://www.mapleclinic.ie)

[info@mapleclinic.ie](mailto:info@mapleclinic.ie)

01-5441225