## John's Shoe Repairs

Shoes, Trainers, Sandals, Bags and Luggage Complete Repair Service by a craftsman Same day if required

**Key Cutting** 

Manor Park Rd. N2, behind 88 Church Lane, opposite Trinity Church Tel: 07956 329 150 Open 12-8pm (not Wednesdays)



## HE ARCH

Published by East Finchley Newspapers, P.O. Box 3699, London N2 8JA. www.the-archer.co.uk





Penny Hill taking a class. Photo by Toni Morgan



By Penny Hill

During my training with Ballet Rambert, I discovered a wonderful way to combine the rigorous training required for dance with a technique which developed my strength and suppleness.

Pilates is a method of exercise developed by German-born Joseph Pilates in the early 20th century. It can be performed on specialist equipment or on mats. It is a form of exercise suitable for everyone and is used on many different levels, from injury rehabilitation to training for sports and dance.

## Fit for life

Poor posture is often the result of poor habits that creep up on us over the years. Doing Pilates brings our awareness to this area and gives us the tools to improve it. My classes emphasise the use of the abdominal muscles, to help strengthen and protect the back and,

consequently, improve posture. The exercises help to develop stronger muscles, better flexibility, more effective breathing, greater coordination and generally raise your level of fitness.

In my Matwork Pilates Class most of the exercises are done on the floor so there is no stress on the joints. The technique encourages continuous flowing movements that develop the level of fitness

that is relevant to your life. I have been living locally for almost 20 years and teach exercise at LA Fitness, The Manor and Finchley Youth Theatre I also teach in small groups and do personal training. Recently I have me on 020 8444 2882.

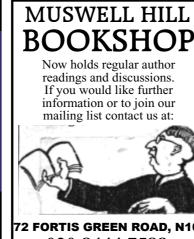
been developing a more holistic approach to health and fitness and this allows me to focus on the individual.

Over the years I began to want to help people with their health beyond the confines of a class, so I trained and qualified as a homeopath.

These two disciplines compliment each other and give people the greatest opportunity to achieve their health potential. I am fully qualified and am a member of the Pilates Institute and the Alliance of Registered Homeopaths. As for the wonders of homeopathy, well, I'll save that for another day.

For more information, contact





72 FORTIS GREEN ROAD, N10 020 8444 7588

