



# Additional Mat and Allegro classes available

**MAT** Tuesday 6.30pm and 7.30pm  
**ALLEGRO** Monday Midday

BCPS is opening up mat classes on a Tuesday night to meet the demands of our clients. Tuesday mat classes will start on the 25<sup>th</sup> of August.

## NEW STAFF MEMBER MARYANN DALEY

We are pleased to welcome another new member to the Balance & Control team, MaryAnn Daley. MaryAnn has 16 years experience as a physiotherapist. She specialises in musculoskeletal injury treatment. MaryAnn will be working Monday and Friday mornings providing hands-on treatment.

## BCPS STAFF DEVELOPMENT

During August and September BCPS will have as many as 4 staff members away. Steve, Danielle and Tanya are attending professional development training in the US. We apologize in advance if you're unable to see your usual teacher or have your usual appointment time during this period. Miriam and the rest of the team will endeavour to find alternative times or teachers to best accommodate your needs.

## INSPIRATIONAL CLIENT JUSTINE V

BCPS is awarding Justine the 'inspirational client of the month' award. She attended Pilates twice a week up until the day before her baby was due. She asked a team member 'can I still come next week' for which the reply was 'perhaps you should go and have the baby instead'. Justine is an amazingly lady and we wish her well with her new baby.

## FOOTBALL HEROS

Congratulations two up-and-coming stars – Dan Hannebery who played his first AFL game, and Sam Shaw who just played in the Vic Metro U/18 football championships.

## IMPROVED TECHNOLOGY

Visit the new BCPS website launched last week. Also keep an eye out for the 'online booking system' to be launched soon – giving you the flexibility to manage your appointments online.

## ZAC'S TOUR EXTENDED

Zac has returned from a ballet tour in SA during which time he was offered another short contract. He will now be touring through August and will return to us on the 7<sup>th</sup> of September. We wish Zac well and look forward to his return.

## SUPPORT LOCAL INDUSTRY

Always wanted to learn belly dance & burlesque? Showgirl "Sapphira" is an international showgirl and instructor offering classes in Fitzroy, Brighton East, South Melbourne and Glen Iris. There are courses for beginners and intermediate students, everyone is welcome. Get fit, have fun, increase your confidence - visit [www.missapphira.com](http://www.missapphira.com) for more information.



Make sure you are part of our automated email system. When joining our mailing list you will receive an email which you will need to confirm to qualify for all of our latest offers. You can register for the newsletter at the website or let us know your email address when you're next in the studio.

## STAFF ENGAGEMENTS

Huge congratulations to both Lucy Cummins and Fiona Harding who have recently become engaged and have an exciting year ahead planning their weddings.

## STAFF GOING FOR GOLD

Steve Hobson is training hard to compete in his 12<sup>th</sup> ironman held in Canada in September whilst Naomi Gibbs travels to Greece mid September aiming to complete her first grade 25 climb. Good luck team!

## Allegro and Mat Schedule –

MON	TUES	WED	THURS	SAT
				9am Int.
12pm Beg.			12pm Beg.	12pm Mat
6:30pm Beg.	6:30pm Mat	6:30pm Int.	6:30pm Mat	
7:30pm Adv.	7:30pm Mat	7:30pm Beg.	7:30pm Mat	

Pilates Allegro