



In the News

Balance & Control Pilates Studio

Welcome!

As winter rolls in we find ourselves full of news that we just cant wait to share with you. Grab a hot cup of hearty soup and enjoy the latest news from the studio.

Prahran Open Night

If you have considered dropping in to see the new Prahran studio then we have the perfect chance for you to do so. **You are invited to the first Open Night for the Prahran studio.** Come along to meet all the team and enjoy some light BBQ nibbles and complimentary drinks on the balcony overlooking the park. When you arrive you will be entered into the draw to win one of 10 free studio sessions. As always we really appreciate your word-of-mouth referrals, so feel free to invite colleagues, friends and family who may be interested in beginning Pilates in Prahran. The evening will also include a look over the latest Lululemon Athletica workout gear from our friends at the Chapel St store, paintings from local artists including Andrew Gemmill, and information on the latest nutritional whole food drink 'Body Balance'.

When: Friday 18th June from 6 'til 9pm

Where: Suite 7, 1 Grattan St, Prahran, 3181- [map](#)

We look forward to seeing you there!



Balance & Control Pilates Studio Plug on NOVA FM Radio

Our most recent elite athlete to take up Pilates at the studio is Australian Netball Captain Sharelle McMahon. As it comes to the make-or-break time of the season for the Melbourne Vixens when they take on the Adelaide Thunderbirds this weekend, Sharelle gave the studio a great plug on 100.3 NOVA FM breakfast show with Hughesy & Kate on June 4. [Listen in to the sound bite here](#), with Hughesy's talking Pilates and Sharelle justifying that we are in fact very professional!



In This Issue

Prahran Open Night

Sharelle McMahon gives us a plug

Franklin Method Workshops

Happy Birthday BCPS

New Arrivals

New 'Class Club'

RTUS in Richmond

Peace Pillows

Price Increase

Introducing Maryann

[Join Our Mailing List!](#)

Quick Links

[Email the Studio](#)

[Online Booking System](#)

[New 'About Pilates' Information](#)

[Visit the BCPS Online Store](#)



Franklin Method Workshops



The latest Franklin Method workshop tour dates have now been released. As the pioneer of the Franklin Method in Australia, Bruce Hildebrand presents a range of topics using imagery and movement principles to facilitate ease of movement and a deeper understanding of the moving body. Check out the new website at www.franklinmethod.com.au for more details and to register.

Happy 6th Birthday to BCPS

How time flies!

May 29 is a special day in the life of Balance & Control as we celebrate the anniversary of our grand opening in (can you believe it...) 2004! Happy Birthday to us for making it this far! From all the team here at BCPS - many thanks for your support and we very much look forward to continuing to provide one of the highest standard of Pilates and Physiotherapy services in Melbourne.



There have been many milestones over the six years, including the more recent expansion to a second studio in Prahran. A big thank you goes to Practice Manager Naomi who has been working tirelessly behind the scenes to get the Prahran studio to nearing capacity after just 5 short months. A fantastic achievement Naomi!

New Arrivals



Huge congratulations to Studio Director Megan and partner Darren on the safe arrival of Angus James and Emma Iris. The twins were born on Thursday 6th May and weighed in at 7lbs and 4lbs 14oz respectively. After a 5 day stay in hospital they made their way home to begin the exciting adventure of finding routine with 2 new-borns and a nearly-2 year-old. Megan's parents from New Zealand are here to help out and Darren's parents are also close by to lend a hand. Many thanks to all those who have passed on well-wishes, and we look forward to seeing the twins on the reformers at the studio for their first workout soon.

New 'Class Club'

We have now added Allegro classes to our old 'Mat club' offer to make the New 'Class Club'. Next time you purchase either a Studio Pilates or Rehab Pilates block, you are eligible to purchase a 'Class Club' ticket to attend as many Mat Classes OR Allegro Classes for the duration of your Studio Pilates or Rehab Pilates block. Class Club is available for a very reasonable add-on price, which you can check on the [Fee Schedule page](#).

RTUS - Richmond bookings

Following the interest in the Real-time Ultrasound scanning in Prahran in April we will now extend the free mini-scan offer to Richmond clients. Using the Real-time scanner (it's as simple as a bit of gel on your abdomen!) we can reveal the amazing vision of the

different muscular layers of your abdominal wall and how to achieve the best 'drawing in of your abs' that is central to the Pilates Method. The RTUS is such a fabulous tool, and for what we usually charge \$100 for, is yours free of charge in Richmond only until the end of June. Book in your times with Julie on the front desk in Richmond.



Peace Pillows



We are often asked about pillow recommendations by clients who experience neck and shoulder complaints. If you are interested we have recently received a small shipment of the Peace Pillow design. [Click here to order](#), and you can read more about these pillows at www.peacepillows.co.nz

Price Increase in July



We are due for a price increase for all of our services - you will see this \$2.00 increase reflected across the board from July 1, 2010. All purchased made before this time will be honored at the current price. Make your block purchases before June 30, 2010 to take advantage of the current prices.

Introducing Physiotherapist Maryann Daley

Our newest team member is Physiotherapist Maryann Daley. Maryann holds a BSc. Physiotherapy (UK) and a MSc in Health Science (UK) and has an extensive 14 years physiotherapy background in assessing and treating musculoskeletal conditions. As well as completing extensive post-graduate training, Maryann has worked closely with orthopaedic surgeons, and is a big fan of the proactive approach to healthcare management using the Pilates Method. Maryann is available for hands-on treatments on Monday evenings, Tuesday mornings and Friday mornings.



Equipment Special - Pilates Magic Circle



Pick up a Pilates Magic Circle from Balance & Control before the end of June and receive 30% off. The Magic Circle is a great training tool to add resistance to your program in a variety of different ways - especially the light-weight version of the Magic Circle we offer. Visit the [Online Store](#) here to check out the details of the Pilates Magic Circle, then [email](#) the studio to place your order. Remember we have a whole list of Pilates products available at the [Online Store](#).
Pilates Magic Circle Price: \$85.00 - **Special Price - \$59.50**

Thanks again for all your support as we head into an even more exciting 7th year!

Be sure to rug-up as we head into winter, eat hearty warm meals and keep your immune system energized with regular exercise. We welcome your [feedback](#) as it helps us continue to deliver the highest quality service to you.

Best wishes from all the team.... Balance & Control Pilates Studio

Free RTUS Offer

Now that you know what Real-Time UltraSound is, you may be interested in taking up our June offer at the Richmond studio for a free mini-scan of your abdominal muscles. Print out this coupon and present it to your instructor, or at reception, to be booked in for your scan. This offer is limited to current clients only. Read more about Real-Time UltraSound on our website [here](#). If you know any friends or family members who this would be helpful for, please feel free to pass this newsletter onto them.

Real-Time UltraSound Offer Expires: June 30, 2010