



# Aim for the Melbourne Marathon in 2009 with Chi Running Workshops

**Learn 8 key strategies to improve your running technique, speed and efficiency.**

Steve Hobson, BCPS's senior Pilates instructor, ironman finisher and Chi Running coach will be offering a Chi Running workshop. The workshop will be run on the 20<sup>th</sup> of June and again on the 18<sup>th</sup> of July in the lead up to the Melbourne marathon or for clients wanting to improve their running techniques.

Duration: 5 hour workshop (9am – 2pm)  
Costs: \$230 (early bird rate \$200)

Places are limited to 12 people.  
Call Miriam on 9429 6448 to book your place.

## *In other news.....*

### **STIMULUS PACKAGE**

Wondering how best to spend your money from Kevin? BCPS is offering a Stimulus Package to treat yourself to a better body.

### **BCPS Stimulus Package**

20 Pilates Studio Sessions  
10 Pilates Allegro Sessions  
(usually \$1010)

### **ONLY \$900 (save \$110)**

Offer valid until end of June 09

### **NEW BEGINNER ALLEGRO MONDAY 12 PM**

Following the success of our midday Thursday Allegro class we are now offering a midday Monday Allegro class. Speak to Miriam at reception to book your place.

### **TESSA'S BABY arrives - via police escort!**

Congratulations to BCPS physiotherapist Tessa and her husband Tristan on the birth of their baby girl, Daisy Sophie. Daisy was born on the 19<sup>th</sup> of April weighing 5 pound 14. The BCPS sweep guessing the correct weigh, sex and date of birth rendered no winners. Better luck next BCPS baby. ☺

On the way home from the hospital, Tessa stopped into the studio to show off a gorgeous and healthy Daisy!

A special thankyou from Tessa to all staff and clients for their support.



### Features

1. Chi Running Workshops
2. BCPS Stimulus Package
3. NEW Allegro Monday 12pm
4. Tessa's Baby

Newsletters from 2009 are being distributed via our new automated 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.

### Referrals and Birthdays

We thank you for your ongoing referrals to friends as it goes a long way to helping grow our business.

A reminder that your birthday gift class can only be honoured in the week of your birthday

### Allegro and Mat Schedule –

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

Rehab Allegro

Pilates Allegro