



Summer has arrived...

As the light pours through the windows at BCPS to warm all our hearts, we turn our attention to summer and Christmas. What goals have you set yourself and how best can BCPS help you achieve them?

INTERMEDIATE MAT CLASS

Tuesday 6.30pm mat classes will become an intermediate class starting the first week of November. Please speak with Jade and Mim to confirm your spot. Jade is looking forward to pushing everyone to their next level in this challenging class!

BRUCE and MOLLY's BABY DUE TO ARRIVE DECEMBER 5th

Bruce will be taking paternity leave after the birth of his and Molly's baby. Bruce will be absent for two weeks and will return teaching at reduced hours for a month. BCPS hope the birth runs smoothly and look forward to meeting junior Bruce or Brucette!

BRENT'S PERMICULTURE DESIGN COURSE

Brent spent two weeks in October on a permaculture design course. The course focused on learning about sustainable living and reducing your carbon footprint. BCPS looks forward to more of Brent's ideas on how to reduce emissions and work more environmentally friendly at the studio.

CHRISTMAS DATES

The studio will be closed on the 24th of December and reopen on the 4th of January. If you would like to continue your Pilates during this period we have Lucy available. Please let reception know the dates and times you are available. Please note the times will be limited so get in quick!

We are upgrading our booking system and are organizing our 2010 diaries. Although it seems like 2010 is far away, the year is passing quickly. Please inform Miriam (NOT your teacher) if you wish to change your times otherwise we will assume you wish to maintain your current session in 2010 and you will be booked in from January 4th 2010.

NAOMI RETURNS FROM GREECE

Naomi spent two and a half weeks climbing on a small island in Greece called Kalymnos. She achieved many first ascents of climbs more difficult than she'd ever done before, and just missing out on her goal of a grade 25. She was still immensely happy with her performance and was more amazed at the body's capabilities when it is truly tested. The growth of our body and mind is endless. Naomi would like to thank all the staff and clients for their support.

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 GOING FOR GOLD

Jade, Naomi (1/2 marathon) and Tanya (10 km) recently competed in the annual Melbourne marathon. They all successfully completed their events. Congratulations to Jade and Naomi who were first time half marathon competitors!

Allegro and Mat Schedule -

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

Pilates Allegro

Watch out for Christmas special's coming soon!!