



Features

1. Breathing workshop
2. Allegro Free Trial and New Term
3. Bushfire Appeal
4. Steve Hobson - Ironman success

Breathing Workshop

Learn the 3 Key Breathing reminders that are GUARANTEED to reduce your stress and multiply your RELAXATION.

Physiotherapist and Tai Chi instructor Brent Davies will host a series of breathing workshops on Fridays for 4 weeks beginning 24th April. Join these 45 minute sessions from 7am to kick-start your Friday, and into the weekend. Places are just \$15 and are limited to 10 people.

Call Miriam on 9429 6448 to book your place.

In other news.....

FREE Allegro Trial Classes over school holidays

The term break (3rd-19th April) brings back the Allegro free trial sessions to anyone who is considering joining the Allegro program. The timetable is provided to the right of the newsletter. Please let Miriam know at reception to take up your free trial. Friends, family or work colleagues are also invited for one free taster session.

The new **Allegro Term 2 starts back on 20th of April.** Booking are now being taken for next term so call Miriam on

9429 6448 to reserve your place.

If you are already attending Allegro ask your instructors - Jade or Fiona which level you are due to progress into. Allegro classes are open to all our clients and are a great addition to your weekly studio or mat classes.

BUSHFIRE APPEAL

To help those affected by the Black Saturday devastation we have set up the Balance & Control Pilates "Class Donation" as part of the Red Cross Bushfire Appeal. Visit www.balancecontrolpilates.com/bushfire.htm to read all the details and make your donation.

STEVE HOBSON IRONMAN SUCCESS

Congratulations to the newest BCPS team member, Steve Hobson, who successfully completed his 11th Ironman race, this time in Lake Taupo, New Zealand – an exemplary display of endurance, body control and flexibility. The 3.8km swim, 180km bike and 42.2km run were completed in true Steve style with his trademark four cartwheels across the finish line after 11 hours of racing. Great work Steve!

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

Rehab Allegro

Pilates Allegro

Allegro and Mat Schedule -

MON	TUES	WED	THURS	SAT
				9am Int.
			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	