

NEWS OF THE YEAR....

Megan's new baby Samuel John

At 6:40pm on July 30th, Megan and Darren welcomed Samuel John Haslett into the world. Eight days overdue, he wasted no more time in the delivery ward and was in mummy's arms in less than two hours – weighing in at a healthy 4.5 kg (9lbs 12oz). Everything went well and the whole family is settling into a routine at home. Congratulations to the new mum and dad! Congratulations also to Janine and Andy who also recently welcomed into the world little Henry – who is also very, very cute!

In other news...

GREEN CORNER

You may have noticed a few environmental changes recently at BCPS. Physio Brent, our resident environmental officer, has been very proactive with some small but effective changes, including:

- ✓ ½ flush button on toilet;
 - ✓ Low flow filter installed on staff shower;
 - ✓ Recycled toilet paper to save our forests
 - ✓ Administration changes to save paper and energy.
- Future Enviro Plans at BCPS:**
- ✓ Skylight in treatment room;
 - ✓ Environmentally friendly cleaning products;
 - ✓ Organic (food) waste recycled (Brent to take home for his worm farm)

BCPS Environmental Goal: Reduce our water and energy use by 25% by June 2009 and celebrate it at our 5th birthday! Look forward to hearing more tips from our environmental officer and we also welcome any tips from our clients. www.greenmagazine.com.au also has some handy ideas on environmental savings.

NEW TEAM MEMBER

Experienced Physiotherapist Cherry Gray, who graduated top of the class from the BCPS Pilates Mastery Course in 2008

run by Megan and Naomi, is now taking a Wednesday morning shift. We welcome her to the team. This is the beginning of a new era of teachers at BCPS who have come through the BCPS Pilates Mastery course taught by our experienced staff. Great things to look forward to at BCPS!

FRANKLIN METHOD

Places are filling fast for the upcoming Franklin Method workshops in August, September and October. These ever-popular sessions take a closer look at how imagery can support our movements in both the Pilates setting and in everyday activities. Topics are focused on Abdominals, Dance, Neck and Shoulders, Feet; Spine; Pelvis; and Psoas. These workshops are open to everyone – more details and registrations available on the website.

BCPS HITS



Check out the website for our latest service – two YouTube videos for practicing your Pilates at home. We will continue to add these helpful tips, and are open to ideas that will help both you and your friends on your Pilates path.

TEAM DEVELOPMENT

We have increased our in-house training this year to develop our team and continue to deliver the highest quality Physiotherapy and Pilates instruction to you. Our directors are also attending regular professional development seminars to keep our standards at the top of the industry. We are always open to suggestions of how we can improve BCPS for you, so please let us know what you like best and what we can do better and better.

SHIFT CHANGES

Unfortunately from time to time we are required to shuffle teachers to different shifts. We understand this can be disruptive to your schedule, therefore want to give you as much notice as possible.

- Danielle and Lucy will no longer take Saturdays.
- Zac will take over Bruce's Thursday night shift from Thurs 21/8.
- Bruce will take over Zac's Tuesday and Thursday morning shifts from 19/8.
- Naomi will be away on her European climbing tour for six weeks from 30/8.

Please speak with Miriam or your instructor next time you're in the studio to confirm you are in all the classes you require.

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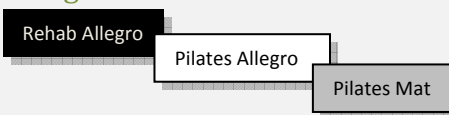
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Referrals and Birthdays

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
			8AM Int.	
				9AM Int.
			12PM Beg.	12PM MAT
6:30PM Beg.	6:30PM Beg.	6:30PM Int.	6.30PM MAT	
7:30PM Int.	7:30PM Int.	7:30PM Beg.	7.30PM MAT	

Date for Diary

- New Allegro term starts Monday 6th October
- Franklin W/shops Aug 30/31; Sept 20/21; Oct 11/12
- Lucy returns from holidays on Tues 19/8

"Patience and Persistence are vital qualities in the ultimate successful accomplishment of any worthwhile endeavor." – JH Pilates