



Allegro Classes new to Balance & Control

Allegro set to make a 'fast paced' entrance

It's not another production of Cirque de Soliel, rather our latest class format, set to launch in the first week of March. Allegro Reformers are similar to the machines already in use in the studio, offering more versatility for the group-class format.

Further details on both **REHAB ALLEGRO** and **PILATES ALLEGRO** classes can be found on the website, or you can pick up an information brochure at the studio.

Classes are filling fast, so be sure to contact the studio to take advantage of these new classes and secure your regular place.

In other news...

CHRISTMAS PARTY

The 2007 Christmas Party went off with a BANG with a great turnout for "TEACH THE TEACHER" classes.

Thanks to all those who helped celebrate with us, and especially for those extra hard exercises all the staff were gleefully told to execute!

TAN IN TANZANIA

Tanya has just arrived back from Africa where she took a well earned break before returning to finish the last part of her PhD. We look forward to hearing all Tan's amazing travel stories as she returns to her regular times on Monday mornings and Thursday evenings.

TEAM CHANGES

Naomi Murray is moving to Sydney in Feb to further her dance and Pilates training.

Jackie Colling is returning to home-care Physiotherapy working at Royal Talbot in Fairfield.

Phoebe Robinson has gained a grant to create a solo dance work at Dancehouse in Carlton.

We will profile new staff in next month's BCPS Newsletter.

HAPPY BIRTHDAY

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

FRANKLIN METHOD TO PERTH

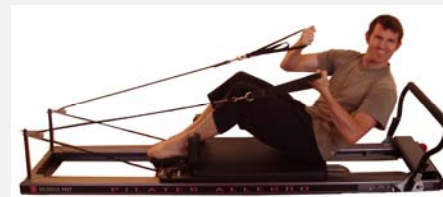
Bruce will present the ever-popular Franklin Method workshops in Perth in March.

MAGIC CIRCLE SPECIAL OFFER

We've just received a large shipment of the Sissel Pilates Circle which are now available for just \$59, down from \$80. Offer open until the end of February or until stocks last.

REFERRALS

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



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Babies and Wedding Bells

We are very excited to announce Megan's pregnancy! Megan and Darren are expecting their new little munchkin in mid-July.

While we're on the topic of big news, Bruce and his fiancé Mollie have set their wedding date for April 18th. Bruce will be away on their honeymoon until mid-May.

Allegro Schedule

MON	TUES	WED	THURS	SAT
			8AM	
				9AM
6:30PM*	6:30PM	6:30PM		
7:30PM*	7:30PM	7:30PM		

*Monday classes begin April 7th

Dates for the Diary

- March 3rd - Allegro Classes begin – 5-week term
- March 10th - Labour Day – no classes
- April 7th - Allegro Classes 10-week term begins