



# Balance & Control Allegro Classes new timetable starts July

## Allegro makes a 'fast paced' entrance

Allegro is growing in popularity and for all those people who have wondered their eyes over to watch an allegro class here is an opportunity for you to try an Allegro class for FREE. During the term break from the 18<sup>th</sup> June to the 9<sup>th</sup> July you and a friend can join in an Allegro class for FREE. Booking are essential as we only have 8 beds per class.

## In other news...

### MERCHANDISE & MAT PRICE INCREASE

On the 1<sup>st</sup> of July the price of merchandise and mat classes will increase. If you are thinking of purchasing equipment in the near future we encourage you, our valued clients, to make this purchase before July the 1<sup>st</sup> to avoid paying the increased price. The increase will be less than 10% in most cases.

Balance and Control Pilates Studio has an online ordering form for equipment at [www.balancecontrolpilates.com](http://www.balancecontrolpilates.com)

### EXPIRY DATES

From the 1<sup>st</sup> of July BCPS will be introducing expiry dates for all blocks. We don't expect this will affect our regular clients but if you plan a holiday please let us know so we can extend your expiry date. If you would like further information about the expiry dates please ask at reception next time your in the studio.

### MEGAN MATERNITY LEAVE

Last Friday we waved goodbye and wished Megan all the best for the birth of her first baby. Megan was overwhelmed by the beautiful gifts given to her and Darren. They would like to thank all the clients and staff for their kind support.

The BCPS team organized a baby pilates home exercise package for Megan's new baby: including a baby size foam roller, non spikey baby spikey balls and a lovely jump suit with BCPS Pilates Baby printed on it amongst other pilates baby home accessories!

### TEAM CHANGES

With Megan on maternity leave Brent, one of our experienced Rehabilitation Pilates instructors, has taken over her Thursday evening class. Also, Fiona Harding will be joining our team to take the Rehab Allegro classes, teaching the rehab series Megan has developed.



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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

## New Allegro Schedule – starts 14<sup>th</sup> July

Rehab Pilates

Studio Pilates

MON	TUES	WED	THURS	SAT
			8AM Int	
				9AM Int
			12PM Beg	
6:30PM Beg	6:30PM Beg	6:30PM Int		
7:30PM Int	7:30PM Int	7:30PM Beg		

## Date for Diary

- April 7th – Allegro 10-week term begins