

# Issue Seven

NOVEMBER 2007

## In our BIGGEST edition yet...

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### CHRISTMAS PARTY ANNOUNCED – TEACH THE TEACHER HERE'S YOUR CHANCE TO GET YOUR OWN BACK!!

If you have longed to pay back your instructor for all the sore muscles you've endured, then here is your big opportunity!



On Thursday December 20<sup>th</sup>, from 4-8pm we have our Studio Christmas Party with lots of drinks, nibbles and chit-chat here at the studio.

The highlight of the evening is our **Teach the Teacher** showdown! On 20 minute rotations you can sign-up to run your instructor through a workout of your choice, exploring all the weird and wonderful exercises that you've always wanted to see your teacher perform! Instructor time-slots are limited, so book in your time on the notice board at the studio when you are next in for a session, or email the studio at [info@balancecontrolpilates.com](mailto:info@balancecontrolpilates.com) with **"REVENGE AT LONG LAST!"** in the subject line!

We have a range of door prizes and giveaways planned so come along for a night of fun and frivolity. We look forward to seeing you there!

### CHRISTMAS HOURS

The last day of business before the holiday period is Saturday 22<sup>nd</sup> December and we re-open in the new year on Monday 7<sup>th</sup> of January 2007. We wish everyone a nice break.



### NEW YEAR KICK-START DISCOUNT PROGRAM

To help get you back on track early in the new year, we are offering discounted Pilates sessions between 10am and 4pm for the whole of January. We see it as a great way to return to your regular program and **KICK-START A GREAT 2008**. Studio Pilates Sessions are discounted to \$35 and Rehab Pilates Sessions are discounted to \$45.

### NEPALESE EXPEDITION

Four of our regular clients – Jan & Garry Fowler, Pat Cowl and John Norman, have just returned from a trek around part of the Annapurna circuit and up into the **Upper Mustang valley in Nepal**. The Upper Mustang valley is 'frozen in time' with only very limited interaction with the modern world. The local people continue



to live much as they have done for centuries. Only around 1000 foreign visitor permits are issued to this area every year.

On their 16 day trek the group covered around 300kms and climbed a total of 11,000 metres (11kms!!). The group commented, **"Thanks to all the BCPS team** for getting us ready to survive and enjoy what was probably our toughest and most exciting trek so far—in our 60's!"

### HOLIDAY BOOKINGS

Please let Phoebe know by email [bookings@balancecontrolpilates.com](mailto:bookings@balancecontrolpilates.com) or by calling (9429 6448) your intended holiday dates, and particularly when you are returning from the break, so we can ensure you **don't miss out on your regular time** come the new year. We are also currently taking regular booking times **through until Easter '08**.



### CLIENT BIRTHDAY GIVEAWAY

We feel birthdays should always be recognised, so we have introduced the new **Client Birthday Present** – offering our clients a **FREE** Pilates class session at that special time of the year. Be sure to take advantage of this special offer as this can only be taken up in the week during which your birthday falls!

### EXPANDING THE TEAM

**Phoebe Robinson** in reception studied dance at WAPA in Perth and now juggles her time at the studio with her shiatsu diploma and dance performances. Phoebe took to the stage in John Cage's 'Musicircus' in Federation Square as part of Melbourne's International Arts Festival in November, and will perform at the North Melbourne Arts Centre in December.

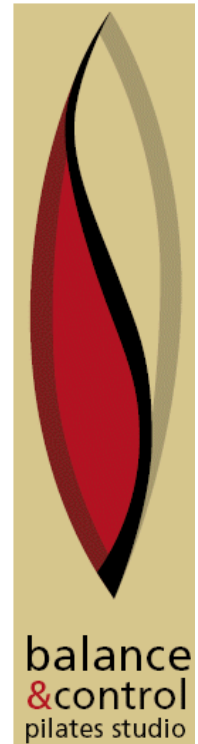
**Helen Fletcher** completed her Pilates training last year and is teaching a Wednesday afternoons 12-3pm shift. We welcome any clients who prefer a **quiet middle-of-the-day session** to take advantage of this time slot. You will often see Helen working out in the studio as she continues to develop her experience.

We also welcome **Carolyn Taylor** who comes to us with a wealth of experience in Physiotherapy, including post-graduate training in **lumbopelvic pain management**. Carolyn is available Monday, Wednesday and Friday mornings, and is finding this works well for her after having previously managed a Pilates Studio in Windsor.

## QUOTE OF THE MONTH:

*"I'M STRETCHING SO FAR.....  
I'M GOING TO HAVE STRETCH MARKS!"*

*Thanks Simone!*



**Naomi Murray** joins us to take on Wednesday nights. Naomi graduated from her dance degree at VCA in 2001 before travelling overseas to perform onboard the QM2 and the QE2, and teach fitness in the UK. Naomi takes huge pride in both her fitness and Pilates training and we're very pleased to have her on the team.



We are also very happy to introduce **Jackie Colling** – a Brit Physiotherapist and rehabilitation Pilates instructor who has called Australia home for the last 7 years. Jackie has recently moved from Sydney, rumoured to be influenced by the words of John Paul Young! Jackie will work alongside Tessa in the further development of our **women's health service**, and we have a new supply of information brochures at reception. Jackie works Tuesday, Thursday evenings and Wednesday mornings.



**We are continually working on improving** the service and the quality staff available to you at BCPS, and welcome your feedback in helping our business serve you the best we can.

## **LOCAL NEWS**

### **NORTHCOTE CRICKET CLUB TAKES UP PILATES**

Skipper of District Cricket team the **Northcote Dragons**, Trav Gloury and team mates have been doing some Pilates sessions to kick off their 2008 campaign and keep their bodies in good form. The draw for this season begins with a number of one-day matches in the lead up to Christmas and then more two-dayers into the new year. "This makes for a tough start to the year, so **it's imperative our bodies are in shape** for the quick start for the season, says Gloury. "Pilates is certainly helping the boys with their **flexibility** and I am sure will be invaluable throughout the season."



### **KIDS CORNER**

Congratulations to Brent Davies and his partner Win who are expecting their first child in March. And after 48 hours of labour Phoebe's sister had a **baby boy, William**, on the 13<sup>th</sup> of October 2007. We also have a number of preggy ladies in the studio at the moment and we wish you all the best for your impending parenthood.



### **YOUR PILATES STORY**

BCPS hit the streets (Pilates couch) this month to interview **Mark Ashton**, one of our long standing clients to find out what it is that keeps him coming to BCPS? *Watch out for our resident interviewer next time you are sitting on the BCPS Pilates couch as your story could be next!*

#### **Why did you decide to begin Pilates?**

I had a long term hip problem and ongoing pain from a hernia operation. The hip pain was preventing me from participating in most sports. After going to various sports doctors and enduring a range of tests, MRI's and finally a cortizone injection which didn't help the problem, a friend suggested I try Pilates.

#### **What keeps you coming back?**

I like the fact I am pain free and have learnt to be more aware of my body. If I do have any pain I can use my awareness to switch on the opposing muscles and stop gripping with the already over worked muscles.

#### **What do you like most about Pilates?**

I really like the challenge of doing the exercises correctly (although it's frustrating when I can't!) and I like the feeling after a rewarding workout. I feel I'm much stronger now than when I went to the gym. I also really like the staff and enjoy training with my regular partner.

#### **Has Pilates changed your attitude to injuries? Exercise? Life?**

Pilates has made me more aware of how I use my body and I find the whole process mentally stimulating. To do the exercises correctly, I have to really concentrate to activate the correct muscles, so I end up mentally exhausted after a session as well as physically tired. I think a lot more now about how I cycle/walk/run and try to focus on doing things correctly, not just doing them for the sake of it.

**All has been revealed!** Thanks Mark for sharing your Pilates story and we're looking forward to seeing you in the studio next week for your **complimentary 'Your Pilates Story' Pilates session!**

### **ZAC IN JAPAN**

Zac spent two weeks in Japan in October attending the wedding of a close friend. "The wedding was beautiful with the bridal party decked out in kimonos", said Zac. "The ceremony took place in a shrine with priests, flute players and traditional dancing. The only drawback was a stiff back from so much bowing – obviously I must have let my **deep abdominals** go!"



"I never seen so many people in one place managing not to bump into each other – I could only put it down to everyone using their **pelvic floor!** – obviously Pilates won't take off in Japan!"

Zac also had a chance to train in Aikido in the original dojo (school) – an excellent opportunity following all his training here in Melbourne. "It was a great experience and look forward to returning to Japan someday."

### **CANCELLATION REMINDER**



Please remember that appointment times are precious, especially during peak times! If you need to cancel or reschedule, please give us **24-hours notice** to enable us to offer your booking to another keen body! You will be charged full rate for cancellations made with less than 24 hours notice.

*Wishing you the best for the holiday season*

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