



Pinky McKay coming to Balance & Control Pilates

As part of our ongoing services to our clients, this month we host well known author Pinky McKay for the growing number of new mothers in the studio. Pinky (yes, that's her real name!) is a specialist lactation consultant and has presented workshops across the country assisting mothers on the art of managing babies in the early stages of life. And she should know – being a mother of five! Pinky will present a two hour seminar from 12.30pm on Wednesday 26th November, This is a **FREE seminar for BCPS Mums** and will cover tips from settling babies and breast feeding, to the best music to help your new one fall asleep. She will also answer questions relating to all things new or expecting mothers need to know. Registrations can be made with Miriam at reception and for more information of Pinky McKay visit her website www.pinkymckay.com.au

In other news...

BCPS RESPRESENTED AT NATIONAL HAND THERAPY CONFERENCE

Naomi Gibbs presented "Rehabilitation of the upper limb with Pilates" in a 90 minute workshop to a group of 72 hand therapists from around Australia. The workshop was very warmly received and demonstrated the value of Pilates based exercises in rehabilitation of hand injuries. Participants comments received showed it is challenging to engage core muscles, lengthen neck muscles and breathe correctly all while performing simple arm movement. We can certainly all relate to this feedback!

CHRISTMAS PARTY FOR CLIENTS AND STAFF

Come and help us celebrate the Christmas break with all the BCPS team.

Date: Thurs. 18th December

Time: from 7.30pm

Location: Terminus Hotel (Opposite the studio)

CHRISTMAS HOURS

BCPS will be closed from the 24th of December and re-open on the 12th of January. We are currently reserving times and extending standing bookings through until Easter. If you don't want to lose your current precious time please speak to Miriam as soon as possible to confirm your bookings.

EXTRA PHYSIO SESSIONS AVAILABLE WEDNESDAYS

Physiotherapist Fiona Harding will extend her studio hours to add to her usual Rehabilitation Allegro classes on Tuesday evenings. These Rehab Pilates sessions begin from the 14th January from 3:30-8:30pm. Please speak to Miriam at reception to reserve these times as they are sure to be taken up quickly.

ALLEGRO DATES

Both Pilates Allegro and Rehab Allegro sessions restart on February 2nd with the start of the school term. Bookings are now being taken for the new term, with a festive-season-adjusted deposit of 40% required to secure your place (down from 50%)

BABE-IN-ARMS PROGRAM

This new program of mat classes is designed to give mothers the chance to exercise safely and effectively with their newborns. These sessions will begin with the school term in the first week of February.

NEW – CRYING SESSIONS

With the number of new mother's in the studio constantly growing, and in the interest of safety and wellbeing for all clients and staff, we are introducing a 'Baby Policy' from the start for the New Year. The policy outlines the specific times when small children (under 4 y.o.) are permitted in a restricted area within the studio. The policy is available online at www.balancecontrolpilates.com/babypolicy

TESTIMONIALS

As part of continually striving to meet your Pilates and rehabilitation needs, we now have a testimonials & feedback box at the studio. Put some cheer in our festive stocking by giving us some feedback and we'll work on it over the Christmas break.



Features

1. Pinky McKay seminar Wed. 26th Nov.
2. BCPS at National Conference
3. Christmas party announced
4. Christmas hours – advanced bookings
5. New Wednesday evening available
6. New Baby Policy
7. Allegro Dates
8. Testimonials

Future Newsletters and Special Deals to be distributed via our new automated system.

We are implementing an opt-in system, requiring you to respond to an email in the next few weeks. If you do not receive this email, we do not have your email address. To register for the newsletter visit the website or drop Miriam your email when you're next in the studio.

Christmas Gift Vouchers

What better way to kick-start a fitness revival in the New Year than getting a little helping hand in your Christmas stocking! Gift Vouchers for family and friends are now available at reception.

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 Int.	7:30pm Int.	7:30pm Beg.	7:30pm Mat	