

In the News

Balance & Control Pilates Studio

What an eventful start to the year we have had - and April is already here! We hope this newsletter finds you very well and enjoying your Pilates and Physiotherapy classes here at Balance & Control. We have an information-packed newsletter for you this time round, so put on the kettle for a cuppa to get ready for this edition!



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Happy Easter



First things first - safe and happy Easter wishes from all the team. The studio will be closed for Good Friday, Easter Saturday and Easter Monday.

Quick Links

[Email the Studio](#)

[Check out the Online Booking System](#)

[New 'About Pilates' Information](#)

[Visit the BCPS Online Store](#)



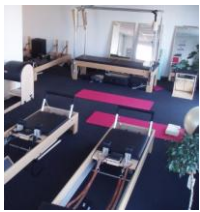
Online Bookings Access



As promised ready for April we have now launched client-user access to our new online booking system. This great new facility enables you to see the up-to-the-minute schedule of all our services, allows you to submit requests to book sessions, and simplifies the system of keeping your contact details up to date. We are sure this will help simplify fitting Pilates into your schedule as you can now conveniently view and change your bookings with your diary in front of you at a time that best suits.

Please be reminded of our 24-hour cancellation policy when making changes to your bookings. Coming up in May we will also be offering the online payment function.

Pahran Studio Update



Welcome to all our new Prahran clients reading this newsletter for the first time. We have been making little adjustments to the Prahran studio to give it the BCPS feel that we have found to be most effective for a great Pilates class. If you are yet to [visit the Prahran studio](#), feel free to pop in some time as it has a great open feel - which isn't hard with the full-length windows and a second floor view over the green park across the road!

As both the Richmond and Prahran studios operate with the same practices, and the one online booking system, you are now welcome to consider taking classes at either studio. It may even make it easier for you to fit in a second class in the week.

During April we are offering access to the state-of-the-art [Real-Time UltraSound](#) (RTUS) machine in Prahran. We are offering a free mini-scan (it's as simple as a bit of gel on your abdomen!) to reveal the amazing vision of the different muscular layers of your abs and how to achieve the best 'drawing in of your abs' that is central to the Pilates Method. The RTUS is such a fabulous tool, and for what we usually charge \$100 for, is yours this month free of charge in Prahran only. Book in your times with Julie in Richmond.



Additional shifts have also been added in Prahran from April - Naomi and Bruce now join Lucy, Diana, Tom, Georgie and Sonya in teaching shifts in Prahran after Easter. These are brand new shifts for Naomi (Monday evening) and Bruce (Wednesday), so be sure to [book](#) in early to reserve your place.

Practice Manager Naomi Gibbs



With BCPS Directors Megan and Bruce occupied with teaching commitments and new babies, now more than ever Naomi Gibbs continues is the central contact point for the business in her role as Practice Manager. Any concerns you may have will be gladly handled by Naomi, so please let her know, or pass on a message through any of the team members.

Pilates by Email



We are in the final stages of creating an auto-email to you as a handy review of the fundamental principles of Pilates that underlie everything you do in your classes. We have developed this as a support to the wonderful range of practical information you receive in each of your sessions, and we know it will help deepen your understanding of the BCPS approach to the Pilates Method. If you would like to take a sneak-peek at what you will be directed to with these email, check the website at www.balancecontrolpilates.com/AboutPilates

Introducing New Staff



We are very privileged to have added to our great team over the last few months. Each teacher brings a range of different experience to their classes, which we welcome into the BCPS team.

Julie Carson - Reception



Julie comes from a coloured history in dance - having taught for over 35 years, examined both classical and jazz streams, and as a long standing board member of the Southern Federation of Dance. Julie started out in the Health and Fitness industry as program manager for the YMCA and has worked in similar reception roles involved with Pilates for the last 8 years. The next step for Julie is to further her Pilates teaching training and bring the Pilates skills into her dance teaching. We welcome Julie to the team as she continues to represent the professional administration to support our teaching team.

Georgie Morrow



Physiotherapist Georgie was dux of her year at Melbourne University and has completed her Clinical Pilates Teaching certificate. Georgie has a love for languages - she speaks fluent German and Swedish, as well as Japanese, Spanish and French! Georgie has also created local non-profit volunteer organisation 'Spokes in the Wheel' for underprivileged children.

Tom Scown



Tom comes from an extensive background in exercise and fitness, is a competitive hockey player and a recreational surfer. As well as his Pilates qualifications, Tom has a degree in Exercise Science and is a welcome team member in Prahran from the previous teaching team there.

Sonya Cossart



Sonya has competed in high level swimming and rowing, and more recently taken up cross country skiing. Along with her degree in health science (with majors in nutrition and exercise science), Sonya loves seeing children develop and grow in her swim teaching work, and brings all these elements into her Pilates teaching.

Diana Haddow



Diana has trained with some of the best Pilates master trainers in the world over the last ten years, including Romana Kryzanowska (protégé of Joseph Pilates), Sydney-based Cynthia Lochard, and US-based Bob Liekens. She has also completed her Yoga master training, and taught Power Yoga in Africa. Diana is also a certified rescue diver and is an avid cyclist, yogi and snowboarder!

BCPS Babies



Congratulations to the latest arrival to the BCPS family - Brent and his partner welcomed Oliver on Feb 22nd! Bruce's little Annabelle is now 4 months old, and Megan is due in 6 weeks with her twins. Congratulations also to all the Pilates mum's who have welcomed their little treasures to the world since our last edition.

Save Your Partner From Giving Foot Massages!



Remember we have a whole list of Pilates products available in our [Online Store](#). Heading into winter is when you want to keep your feet strong and flexible as the tendency is to wear shoes that are more closed in. The perfect exercise to release and strengthen your feet is with the blue spikey balls. If you haven't already seen our video on the foot massage sequence, take a minute to [view it now](#).

Blue Spikey Ball Price: \$18.00

We hope you have enjoyed this Easter edition of our newsletter. We welcome your [feedback](#) as it helps us continue to deliver the highest quality service to you.

Sincerely,

Balance & Control Pilates Studio

Free RTUS Offer

Now that you know what Real-Time UltraSound is, you may be interested in taking up our April offer at the Prahran studio for a free mini-scan of your abdominal muscles. Print out this coupon and present it to your instructor, or at reception, to be booked in for your scan. This offer is limited to current clients only. Read more about Real-Time UltraSound on our website [here](#). If you know any friends or family members who this would be helpful for, please feel free to pass this newsletter onto them.

Real-Time UltraSound Offer Expires: April 30, 2010