



Wishing you a safe and happy festive session!



NEW STUDIO IN PRAHRAN

Balance & Control Pilates Studio will be opening in Prahran before the year is out. It is an exciting and busy time. All staff at Prahran will receive the same training and continuing education as the staff currently does here at Richmond. The BCPS ethos will be maintained now across two studios so please feel free to attend Pilates at the most convenient location for you.

NEW DIARY SYSTEM

BCPS is changing to an online client booking system called Mind Body Online. The transfer over from the old system to the new will occur on the 18th of December. In time, this new system will mean that you can change your appointments and check your blocks online using your own personal user name that will be created for you. This will give you more flexibility to make changes to your appointment after hours and get immediate diary information without having to speak to reception or leave message.

YOUR APPOINTMENT'S NEXT YEAR

*Your current appointment times will be automatically booked ahead for 2010 starting on the 4th of January **UNLESS** you inform **RECEPTION** (not your instructor).*

LOST PROPERTY

The lost property box will be donated to Salvation Army on the 23rd of December. Please check that you haven't left anything behind.

CLIENT CHRISTMAS PARTY

BCPS invites all clients to share a drink with us to help celebrate the festive session. Please come along and bring partners or friends to the Mountain Goat Brewery on Friday December the 11th from 5pm – 9pm. (Corner of North and Clark St Richmond)

CHRISTMAS DATES

BCPS closed 24th December until 3rd January. (Lucy working 24th of December)

Some staff are having additional time off over this period. Please see the notes board for more details about your instructor's time off. Nearly all shifts will be covered by other staff members. Speak to Mim to confirm your times.

AUTO ATTEND TAKEN OFF PHONE

BCPS has listened to your feedback and taken the auto-pick up off the phone system. Now when you ring the studio either someone will answer the phone or it will go straight to our message service.

Thanks for your feedback and please let us know how we can better serve you in 2010.

Make sure you are part of our automated email system. When joining our mailing list you will receive an email which you will need to confirm to qualify for all of our latest offers. You can register for the newsletter at the website or let us know your email address when you're next in the studio.

Allegro and Mat Schedule –

MON	TUES	WED	THURS	SAT
				9am Int.
12pm Beg.			12pm Beg.	12pm Mat
6:30pm Beg.	6.30pm Int. Mat	6:30pm Int.	6.30pm Mat	
7:30pm Adv.	7:30pm Mat	7:30pm Beg.	7.30pm Mat	

Pilates Allegro

Check out the Christmas special's

Purchase a mat club membership or mat block and receive a free theraband.

Purchase a block of any size before Christmas, fill in the entry form and go into the draw to win a free 20 block of Pilates! (Drawn on 23rd of December)