



# Happy festive season one and all

What a year for BCPS! The studio has had its best year yet, thank you to all our fabulous clients for your continuing loyalty to the studio, and your efforts (and entertainment) in class. However the success of the studio this year pales in comparison to the life changing events that some of our staff experienced. Bruce and Mollie were married in April in the beautiful Montsalvat setting in Eltham, followed by a European honeymoon. Megan and Brent (and soon Tessa) joined the "hood" (parenthood), with the birth of their gorgeous sons Samuel and Benjamin respectively. These are really exciting times for us all. On a more personal note, Bruce and Megan will like to thank all the staff at BCPS. They are a magnificent team, who not only work all of you hard in class, but also like Trojans for us. Thank you for all the extra assistance that you have provided while Bruce, Megan and Naomi have been away for extended periods of time. We look forward to seeing you all bright and sparkly in the New Year. Have a great festive holiday, stay safe, enjoy times with family and friends, and recharge ready for the challenges in 2009!

## In other news.....

### SILLY SEASON SESSION SALE

BCPS is giving the ultimate Pilates gift for Christmas, **A free Pilates 20-block package to one lucky BCPS client.**

Purchase ANY Pilates package from December 11th until December 23rd and go into the draw for a Pilates 20-block. The lucky winner will be drawn at 4pm on the 23rd of December and be notified by email. Good Luck Everyone!

### LOOKING AHEAD TO 2009

Love your Pilates but are uncertain whether you will be able to continue your Pilates sessions because of the current economic climate and the cost of Christmas? Please feel free to speak to reception about other choices in classes; there are plenty of alternative pricing options for classes to suit all budgets.

### EXTRA PHYSIO SESSIONS AVAILABLE WEDNESDAYS

Physiotherapist Fiona Harding has new Rehab Pilates sessions available beginning 14<sup>th</sup> Jan.

This new shift is open 3:30-8:30pm. Please speak to Miriam at reception to reserve your place, as they are sure to be taken up quickly.

### 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.

### ALLEGRO and MAT DATES

Pilates Allegro, Rehab Allegro and Mat Classes all restart the week of February 2<sup>nd</sup> (school returns). Bookings are now being taken for these new blocks, with a festive-season-adjusted deposit of 40% required to secure your place.

### 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)

### BABE-IN-ARMS PROGRAM and CRYING SESSIONS AVAILABLE for mums with babies

This new program of mat classes is designed to give mothers the chance to exercise safely and effectively with their newborns. These classes will begin at the start of the school term, on Wednesday the 4th February, from 2.30pm to 3.30pm.

Studio "Crying sessions" are also beginning in 2009. Please give your name to reception if you are interested in attending these sessions, so that you can still attend a session if for some reason you are unable to get childcare.

[www.balancecontrolpilates.com/babypolicy](http://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 constructive feedback and we'll work on it over the Christmas break.

## Features

1. Silly Season Session Sale
2. Payment alternatives
3. BCPS Christmas get together
4. Christmas hours – advanced bookings
5. New Wednesday evening available
6. Allegro and Mat Dates
7. Babe-in-arms and Crying sessions
8. Testimonials

Future Newsletters from 2009 will be distributed via our new automated system. You will receive an email which you will need to confirm to qualify for our latest offers in the newsletter. If you do not receive this email, we do not have your email address. You can register for the newsletter at the website or let us know your email address when you're next in.

## 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 honored 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	