



Happy New Year

Allegro classes start back in 2009 on the 2nd of February with the new Advanced level available on a Monday evening at 7.30pm. If you would like to make a commitment to a full year of Allegro classes BCPS would like to reward you by offering a MASSIVE discount for 4 terms of Allegro.

4 x 10 block Term of PILATES Allegro session – usual price \$1000

SALE value \$840 (SAVE \$160)

Offer valid until end of February 2009

In other news.....

STEVE HOBSON

Pilates Expert joins the team from UK

Steve has been teaching Pilates for 11 years and has previously owned and run two studios. Alongside teaching Pilates Steve is qualified in the Franklin Method® training, Chi running and specialized massage techniques (Active Release®, Sports injury and Sports massage). Steve is an Ironman triathlete and is competing in the New Zealand Ironman in March. Combining his training and experience he has joined the team to fill the need for another senior instructor taking over Bruce's teaching role. Steve will be teaching all Bruce's shifts from the 2nd of February.

TESSA'S Maternity Leave – MEGAN returns!

Tessa is finally 'showing' after 6 months of pregnancy and hence will soon be stopping Rehab Pilates teaching to focus on her baby and becoming a mother. Her last day is planned for the 12th of February.

Megan is returning to teaching a set shift on Thursday from 8am until 1pm starting from the 12th of February. Welcome back Megan!

MAT CLUB

DON'T FORGET mat club, it's such a bargain and offers the option of increasing your results twice as quickly.

Pay a small amount more when you purchase a Pilates Studio or Pilates Rehab block and get FREE access to all mat classes.

10 block = additional \$40
20 block = additional \$70
30 block = additional \$100

ALLEGRO CLASSES

Looking for ways to supplement your studio session and improve faster? Adding allegro to your program is your answer! This class is a quicker-paced class that challenges your core and posture skills in a more dynamic exercise program.

New block begins February 2nd. Call Miriam to book your spot in Term 1 for 2009.

ALLEGRO Special
Buy a whole year of Allegro classes, 4 terms for \$860 (usually \$1000) and SAVE \$160 with a guaranteed place all year round.

BABE-IN-ARMS PROGRAM

STARTING 4th of February, this program is a great way to return to exercising soon after the birth of your baby. Bring your baby with you to participate in the class. Call Miriam at reception for full details. Class are held Wednesday's 2.30pm - 3.30pm.

CRYING SESSIONS

Available for mums with babies Studio "Crying sessions" are beginning on the 12th of February. Please give your name to Miriam at reception if you are interested in attending these sessions. Sessions are from 12pm to 1pm on Thursdays, with Megan. This option is available so that you can still attend a session if for some reason you are unable to get childcare.

www.balancecontrolpilates.com/babypolicy

WINNER

The BCPS 2008 Christmas draw was won by our loyal client Andrea. Congratulations! We are sure Andrea will enjoy the free 20 Pilates session prize. Thanks to everyone who entered the prize draw.



Features

1. Welcome Steve Hobson
2. Tessa's maternity leave
3. Megan's return
4. MAT club
5. Allegro classes
6. Babe-in-arm begins
7. Crying sessions
8. Winner of BCPS 2008 Christmas draw

Newsletters from 2009 are being distributed via our new automated 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.

New Year's Resolution

What is your New Year resolution? Can BCPS help assist you in achieving these goals? Make sure you let your instructor know your resolution so we can continue to personalise each session to your needs.

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 Adv.	7:30pm Int.	7:30pm Beg.	7.30pm Mat	