

# Issue Nine

May 2008

BCPS has its 4<sup>th</sup> birthday on May the 29<sup>th</sup> and with this comes further growth and development. We have rejuvenated our vision and mission statement to align ourselves with our focus for the next 10 years. We would love you to be there when we reach our goal.

## VISION STATEMENT

*To be the most recognised movement re-education and treatment organisation in the world by 2018*

## MISSION STATEMENT

*To deliver a highly personalised service in an open learning environment aimed at maximising each individual's results. By building a team of passionate professionals, achieving personal and career goals in a motivating and inspiring culture, the organisation will establish modern training programs to continually raise the professional standards of the industry worldwide.*

## In this edition ....

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- Bruce's Wedding
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## BRUCE'S WEDDING

At 4pm on the 17<sup>th</sup> of April our very own director, Bruce, tied the knot with Mollie Joyce at Montsalvat. Photographs of the day are online at [www.ernestgal.com](http://www.ernestgal.com)  
Login: hildebrand  
Password: hildebrand

Apart from backing himself through a window in the week prior, the wedding went off without a hitch! Congratulations to Bruce and Mollie

## BRENT'S BABY

Congratulations to Brent and Win for the birth of their first child, Benjamin Francis Davies. After 48 hours of labour Brent said, 'he was exhausted and his hand sore from being squeezed!'

## THIS MONTH SPECIAL

### REAL TIME ULTRASOUND

Until the end of May we are offering a real time ultrasound scanning with a physiotherapist for the price of a half hour treatment (SAVE \$35). The scan will confirm, with no doubt, that you are using your core stability muscles (abdominal, spinal and pelvic floor). It's an easy way to get full confidence in your ability to contract these muscles. Book in now at reception.

### TEAM GROWS

- Two new Pilates teachers, Danielle Katich and Jade O'Hare, and a new front of house, Miriam Arabi.
- Danielle Katich has been a Pilates teacher for 3 years but has 14 years experience with Pilates and has been a professional dancer for 7 years. Danielle is taking over the Wednesday evening shift and opening two new shifts for Monday evening and Saturday morning.
- Jade O'Hare has specialised in dance since she was 3 years old including work at the English National Ballet and the Victorian College of the Arts. Jade has participated in Pilates for 12 years and has been a teacher for 4 years. Jade is taking the Allegro and mat classes as well as opening up more studio sessions on Saturday mornings.
- Miriam Arabi is new to the world of Pilates and physiotherapy but has a passion for dance and learning.

### SURVEY BCPS COMMUNITY

BCPS values 360 degrees of feedback to help us grow and continue to provide the best service that we can to our valuable clients (not just "pelvic floor engaged and relax your shoulders!). As part of our development we would like your feedback about all aspects of the service we provide - or don't provide. So you can be completely honest with us we have set up an anonymous internet based survey system. Please take the time to log on. It will take less than 5 minutes to complete. Please go to our website ([www.balancecontrolpilates.com](http://www.balancecontrolpilates.com)) and click on the Customer Survey button.

## NEW SATURDAY'S SESSIONS AVAILABLE NOW

### MAT CLUB

We have a new Mat Club available for all clients doing studio sessions. With any new block purchase you can pay a small fee for a mat membership which allows you to attend as many mat sessions as you like, through the course of that block.

10 Studio Pilates Block: additional \$40 (\$4 per class if attend once a week)

20 Studio Pilates Block: additional \$70 (\$3.50 per class if attend once a week)

30 Studio Pilates Block: additional \$100 (\$3.30 per class if attend once a week)

### FYI - FINANCE YEAR CHANGES COMING

There will be a small increase in the price of merchandise and mat classes at the start of the financial year. Mat classes will increase to \$18 per session.

If you are planning on purchasing some more spikey balls, magic circles, mats or other equipment make sure you do it before the new financial year. Check out the website or see reception.

From the start of the financial year we will be introducing expiry dates for all blocks. We don't expect this will affect our regular clients but if you plan a holiday please let us know so we can extend your expiry date.

## Dates for the Diary

- **May 29<sup>th</sup>**  
BCPS 4<sup>th</sup> Birthday
- **June 13<sup>th</sup>**  
Megan's last day at the studio before going on maternity leave

