



physiotherapy pilates proactive

freedom of movement...body and mind

Monthly Update

Issue 24 August 2009

Welcome

Welcome to our August Newsletter. We have passed the halfway mark of winter and the days are getting longer. With warmer weather around the corner, it is a great time to increase your Pilates commitment.

Dates to Remember.....

Tuesday 15 September – our 6th year birthday!

Throughout this week we will be celebrating our 6th birthday, with special offers and prizes for clients.

Friday 11 December – Christmas Drinks

Clients from all practices are invited to join us for a glass of bubbly and nibbles at our Parkside studio from 6.30-8pm. This is still a long way off, but we know how quickly diaries fill up during the festive period!

Class Updates

Watch this Space!

Starting in October new classes will be running at Parkside and Littlehampton. New timetables will be available online and at reception toward the end of September. Recently added classes are:

Stirling:

- Tuesday 2pm – Semi Private Equipment

Parkside:

- Friday 9.15am – Early Intermediate
- Saturday 8.30am – Intermediate

Littlehampton:

- Monday 7.30pm – Intermediate

Please note that the existing Monday Gentle class now begins at 6.15pm.

Beginners Courses

An Initial Physiotherapy Consultation is required for those wishing to enrol in a Beginners Course.

The final Beginners Course dates for 2009 are:

STIRLING

Wednesday 7.45pm **26 August – 23 September; 14 October – 11 November and 18 November – 16 December**

PARKSIDE

Thursday 7.45pm **27 August – 24 September; 15 October – 12 November and 19 November – 17 December.**

LITTLEHAMPTON

Term 4 only:

Thursday 6.30pm **15 October – 12 November and 19 November – 17 December**

Client Notice Board

Client Referrer of the Month

Congratulations to **Corinne Maiolo** who was randomly selected as our Client Referrer for the month of July. Corinne wins a voucher for a Facial or DeStress Massage at **The Divine Wellness and Beauty** which has locations in Aldgate, North Adelaide and Norwood.

Monthly Special

For the month of August, we are offering the Magic Circle for \$75 (normally priced at \$95).

New Clothing

Now in stock are lovely cherry red sleeveless vests. Designed to keep your chest warm but arms free, these vests are perfect for Pilates. They cost \$45 and are available at all practices.

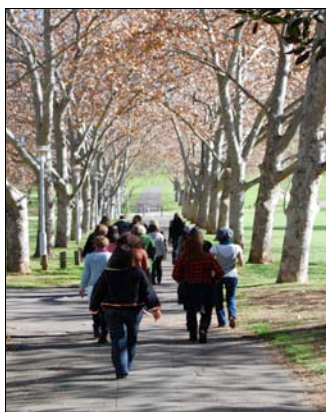
Also on sale for \$45 are ¾ length track pants suitable for the warmer months.

To all you men out there! If you would like a black vest, please order your size at Reception.

“That Lonesome Road”

Saturday 5th September 6pm & 9pm
The Promethean- 116 Grote Street

For one night only see Young Adelaide Voices Senior Vocal Ensemble (featuring **Rachel Combe**) present 'That Lonesome Road.' This collection of folk, traditional, contemporary and pop songs has been arranged specifically for female a cappella voices. Tickets are \$20 (\$15 concession) and can be purchased at Reception until Thursday 27 August. After this date please phone the YAV Office on 8362 3885 for tickets.



Chi Ball Master Classes

We have been fortunate in having the fabulous Monica Linford, inventor of the Chi Ball, presenting master classes at our Parkside practice. These classes have been immensely popular and we hope to have Monica back soon, presenting her The Power of Relaxation Workshops.

Wine and Cheese Night

In true PPP fashion, our Annual Winter Wine and Cheese Night was very well attended. Around 100 people gathered at the Stirling studio for drinks and nibbles. Many groups went out for dinner afterwards as a direct result of friendships made at PPP. Many thanks to Peter Dredge for his support and help with supplying the fabulous Petaluma wines and Croser champagne.

Those of you who attend our Parkside practice would have heard about Jenny's friend, Caroline who tragically lost both her legs to infection after giving birth to her third child. Jen and two other friends put in a phenomenal effort to organise a fundraising film night at the Capri cinema last Friday night. The cinema was filled to capacity and combined ticket sales, raffle tickets and donations amassed an impressive \$20,000. Thank you to staff and clients who attended or donated money to this very worthwhile cause.

Staff

- **Rachel** had a weekend of Pilates at the start of July. She attended the Pilates for the Dancer/Gymnast 2 day course and also a thoroughly worthwhile Pilates for Children workshop. She will be disseminating the exercises and concepts to staff over the next month and is hoping to launch some Kids Pilates classes early 2010.
- We wish **Jane Deere** a wonderful and safe trip overseas – we will miss her and look forward to her return at the end of September. Rachel and Vanessa Tesanovic will be covering most of Jane's hours while she is away.
- We warmly welcome **Alice Adamson**, who joins our ever-growing team at Parkside. She has a special interest in Women's health, particularly pregnancy and post-natal care, as well as acupuncture and chronic pain conditions. Please ask at Reception if you would like to book an appointment with Alice.

Until next month, stay proactive!

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Fundraiser for Caroline Foundation



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