

Monthly Update - Issue 26 - December 2009

Welcome to our final newsletter for 2009. As always it is hard to believe "that" time of the year is upon us again. We hope you all manage to stay calm and enjoy the true spirit of Christmas: community, kindness and finding joy and love with family and friends.

Dates to Remember...

Tuesday 1 December – Bookings Open

Class bookings open for 2010. Clients are able to book up until the end of February.

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. Please RSVP at Reception for catering purposes.

Thursday 24 December – Sunday 3 January 2010 – Practice Closure

Both practices will be closed during this time for our Christmas break. We reopen on **Monday 4 January 2010**.

Class Updates...

BEGINNERS COURSES FOR 2010

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

Beginners Course dates for early 2010 are:

STIRLING

Wednesday 7.45pm **27 January – 24 February** and **3 – 31 March**

PARKSIDE

Thursday 7.45pm **28 January – 25 February** and **4 March – 1 April**

Clients wanting to commence Pilates earlier than these dates can attend 3 x Mat 1:1 sessions. Contact Reception for bookings or more information.

Client Notice Board...

SA GREAT ANNUAL REGIONAL AWARDS

We are very proud to have received a SMALL BUSINESS AWARD Commendation in the 2009 ADELAIDE HILLS category. This award is a reflection of the great staff and clients that we have at PPP. A big thank you to the mystery client who nominated us for this award!

PRIZE WINNER

Congratulations to **Nikki Dyson** who is the winner of our November referral prize of a voucher from Divine Wellness & Beauty. I am sure Nikki will thoroughly enjoy being

pampered at Divine. Thank you to all our clients for your ongoing referrals of friends, family and work colleagues. Our continued success is largely due to your support and loyalty and we appreciate it enormously.

COMMON SENSE NUTRITION

Leonie Wilson is an Accredited Practising Dietitian and Accredited Nutritionist. She will be holding both group and individual counselling sessions on Saturday afternoons next year.

Groups will be held over 4 consecutive weeks. Come along and learn a common sense approach to eating and weight management. Individual consultation times will also be available.

Where: Parkside PPP

When: Starting February 2010

Topics: Hunger, common sense eating, perils of dieting, body image, goal setting and deciphering food information.

Enrol: Ring Leonie on 0400 677 778
or email wilson.leonie@gmail.com

LITTLEHAMPTON

We regretfully advise that our Littlehampton studio will be closing at the end of the year. Sadly our two key physios at Littlehampton, **Annie Ayres** and **Vanessa Hemer**, are no longer available and we have been unable to find a suitable replacement.

Vanessa is moving to Port Elliot with her family and Annie is cutting back her workload as she is expecting a baby next year. We wish Vanessa all the best down south and congratulate Annie and husband Oliver on the good news. Annie will continue taking her classes at Stirling until further notice.

Thank you to all our Littlehampton clients who have supported us during the past two years. We hope to see some of you at our Stirling and Parkside practices in the future.

SECOND-HAND SALE

We are selling second-hand Pilates equipment and furniture this month. Ask at Reception for an order form. Only a limited amount of stock is available, so items will be sold on a first come first served basis. To secure items, payment is required. Orders will be ready for collection from Friday 18th December.

CAR FOR SALE

Available in December is a green 2002 Mitsubishi Mirage. This 3 door hatch is a 5 speed manual and has done 110,000km. It has only had one owner and a full service history is available. Very economical and great on the freeway! \$4800 o.n.o (recommended price by the RAA Red Book is \$5100 – \$6500). Please call Rachel on 0422 087 214 for more information.

CHRISTMAS PRESENTS

This Christmas why not give your loved one, friend or co-worker the gift of Pilates. Let 2010 be the year they discover the benefits of improved core strength, greater muscle tone and increased flexibility for themselves.

Special Christmas Offer: Purchase a Gift Voucher for a Beginner Course (\$125) and receive a FREE Beginners Pilates CD (Normally \$30)

See Staff at Reception to make your purchase.

We also have our Pilates pack which includes a Pilates Proactive CD, Chi Ball and Theraband. Normally worth \$70, we are offered this pack for \$50.

PRICES FOR 2010

As of 1 January 2010, our prices will increase:

Block of 10 classes = \$250

Block of 10 classes (Incentive rate) = \$200

Casual class = \$30

Please enquire at Reception for Physiotherapy consultation and 1:1 Pilates Private session fees.

Please note that this is the first Pilates fee increase for 2 years.

BOOKING SHEETS FOR 2010

Bookings for 2010 classes open **Tuesday 1 December**. Please ensure that you complete a booking sheet as Admin staff will have many to process. Bookings can be made up until the end of February. We encourage you to book in order to guarantee a spot in your favourite class, as the New Year is always a popular time for resuming Pilates! Our 2010 calendars will be available soon.

OUR CHRISTMAS PRESENT FOR YOU

We are offering all our clients a special Christmas rate for buying Prepaid Blocks of 10 classes. Our prices will rise from 1 January, so we are offering you the opportunity to buy two (2) blocks of 10 at this year's Incentive rate of \$195 each. All prepaid blocks bought at this rate expire 30 June 2010.

NEW SUMMER CLOTHING

Now in stock are black short-sleeved polo tops for \$35. Also available this season for \$15 and perfect for those hot summer days are Physiotherapy Pilates Proactive caps.

SUMMER MONTHS

As we head into the warmer months it is easy to forget your socks. We recommend you keep a spare pair in your bag or glove box. If you do forget, \$3 pairs are available at Reception; alternatively, Grip Sox can be purchased for \$15. If you tend to perspire in class, please remember to bring a towel to place over your

Staff...

- This month we say a sad farewell to our inspirational massage therapist, **Sharon Moore**. After working at PPP for almost four years, Sharon is cherished by staff and clients alike. She is leaving to spend more time with her family and will continue working from home for limited hours. For further information about massage bookings, please contact Sharon directly on 041 3754552 or email sharonmoore@iinet.net.au
- This month we also say goodbye to **Vanessa Hemer** who is moving to Port Elliot. Those who have experienced Vanessa's unique treatment may even consider the odd trip down to the Fleurieu to see her! We wish her and her family all the very best.
- **Cecilia Mugaas** will finish teaching for us at the end of the year due to the closure of Littlehampton. We thank her for helping out this year and look forward to continuing our relationship with her as a client.
- **Jane Deere** and **Rachel Combe** arrived home from their respective overseas trips relaxed and with many stories to share!
- **Vanessa Tesanovic** has recently completed a 10 week Chi Ball course with Monica Linford; **Ellie Parnell** gained her Certificate IV in Pilates Instruction; and **Gwendalyn Schmidt** attended a course in Dry Needling and Trigger Points.
- The PPP team enjoyed a lovely afternoon of wining and dining at Henley Beach last Sunday. A big thank you to **Josie Carsiotis** for organising another memorable staff Christmas party.

News and Views...

A MESSAGE FROM THE DIRECTOR

To all our treasured clients,

2009 is rapidly drawing to a close and December is always a nice time to reflect upon the year that was and the year ahead.

At PPP we have had a very constructive year, continuing to consolidate our Stirling and Parkside practices. I feel that we have worked hard and achieved many goals. Earlier in the year we were nominated for an SA Great Small Business Regional Award. Part of the application process involved describing the innovative and community focused ideas developed over the past 12 months. It was only when I started writing that I realised how much we have accomplished in a short period of time.

And this could not be achieved without our exceptional Physiotherapy Pilates Proactive team.

As we head into PPP's 8th year, I have really begun to appreciate what we as a team and you as clients have collectively created. I believe that what we have produced is above and beyond your average physiotherapy practice or Pilates studio. Our two **core** values (there are many others) seem to be: ensuring that everyone leaves PPP feeling better (not necessarily perfect – after all, we are works in progress!); and the importance of community.

My family experienced this widespread community and love earlier this year when my mother passed away. It has been an incredibly hard year and Lucy and I are so grateful for your ongoing support and concern.

I wish you and your families a very special Christmas, surrounded by loved ones and the simple things in life!

See you in the New Year.

Rachel Combe

MERRY CHRISTMAS!

To the tune of "12 days of Christmas"

... breathe in to prepare:

On the 12th day of Christmas my Pilates Teacher said to me...

12 Pelvic Rock Backs

11 Hamstring stretches

10 Spinal Twists

9 Bent knee fall outs

8 Child poses

7 Leg extensions

6 Downward Dogs

5 Pelvic Tilts

4 Triceps dips

3 Pigeon stretches

2 Assisted Rollups

@ 1 vertebra at a time!

Written by PPP client Dianne Millard

So until next year, stay proactive!