



physiotherapy pilates proactive

freedom of movement...body and mind

Welcome

Welcome to our July Newsletter. Winter is wild and wooly at the moment – wonderful fire weather! We are very impressed by the many of you who are continuing to brave the weather and attend classes – keep up the good work!

Dates to Remember.....

Friday 24 July 6.30 – 8.30pm

We invite you to join us at the Stirling Studio for our 5th Annual Wine and Cheese Night. These evenings are always a wonderful get together for clients and staff. We provide the wine (Petaluma wine and Croser champagne) and yummy platters of cheese and nibbles, so all you need to do is turn up! Please RSVP to Reception for catering purposes.

Class Updates

Beginners Courses

This year we have introduced an Initial Physiotherapy Consultation for those wishing to enrol in a 5-week Beginners Course.

The next Beginners Course dates for 2009 are:

STIRLING

Wednesday 7.45pm **22 July – 19 August** and **26 August – 23 September** (run by Annie)

PARKSIDE

Thursday 7.45pm **23 July – 20 August** and **27 August – 24 September** (run by Vanessa Hemer)

LITTLEHAMPTON

Clients wishing to start Pilates at our Littlehampton studio can attend a Beginners course at Stirling or Parkside or alternatively attend 3 x 30 minute 1:1s at Littlehampton.

Monthly Update

Issue 23 July 2009

Client Notice Board

Client Referrer of the Month

Congratulations to **Charlotte Miller** who was randomly selected as our Client Referrer for the month of June. Charlotte 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 July, we are offering a Pilates Pack which includes a Chi Ball, Theraband and CD of your choice for \$50 (normally valued at \$70).

New Classes at Parkside & Littlehampton

Due to high demand, we have introduced two new Mat classes at Parkside:

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

And at Littlehampton:

- Monday 7.30pm – Intermediate

Please note that the existing Monday Gentle class will begin at 6.15pm (as of 20/7/09).

New Semi-Private Equipment Classes

To improve the transition from 1:1s to Group Equipment Sessions we have introduced Semi-Private Sessions. They run for 45 minutes and are supervised for the entire session. There is a maximum of 3 clients in the studio which means no waiting for equipment! The cost is \$45 per session but as the item code is T505, it will be possible to obtain a much larger physiotherapy rebate. We are encouraging some of our more experienced clients to book into these sessions to spice up their existing program and increase the Pilates challenge!

The Semi-Privates run at the following times:

Stirling

Mon 4.30pm run by Ellie
Wed 8am run by Vanessa T
Thurs 2pm run by Jane

Parkside

Tues 8.15am run by Ellie
Thurs 4.30pm run by Rachel

New Clothing

Soon to be 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 will be available at all practices.

Available next month will be $\frac{3}{4}$ length track pants suitable for the warmer months.

Just a reminder that we still have limited 2008 stock selling at 50% off.

- Tank tops & $\frac{3}{4}$ sleeve tops \$17.50
- Hoodies \$25

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

Colds and Flu/Swine Flu

If you are suffering from the dreaded lurgy we ask that you do not attend your class. These bugs are highly contagious and when in such close proximity to each other it is easy to pass them on to your neighbours. Please give as much notice as possible when cancelling classes. If calling after hours leave a message so we can call someone on the reserve list.

If you have been in contact with someone who has been diagnosed with Swine Flu we ask that you stay away from the practice until the risk period has passed.

Junior Admin Assistant at Parkside Wanted

Do you know of a secondary school aged student who would be available from 4-6pm on Tuesdays and Fridays at our Parkside practice? The prospective employee should be energetic, able to work semi-autonomously and have an interest in health. Please contact Sue on 8339 3188 for further details, or email a covering letter and CV to suealdicott@pilatesproactive.com.au

Price Rise for Physio Consultations

As of 1 July 2009 the price of 30 minute follow up consultations will increase to \$65. The item code for private health rebates is still T505.

Chi Ball Master Classes

In July and August we have three Chi Ball Master Classes planned, run by the fabulous Monica Linford who invented the Chi Ball. They have proven immensely popular, with all three having booked out in a couple of weeks. We will schedule another class if we have sufficient numbers, so if you missed out please register your interest at Reception.

Are you ready to increase your Pilates challenge?

Sometimes after attending Pilates for a number of months it is possible to feel as though the exercises are not as challenging anymore. This means you are improving and possibly ready to move up a class! Just a reminder of the order of classes:

Beginners, Gentle, Intermediate, Trim & Toned & Advanced.

Speak to your Pilates teacher if you are unsure whether you are ready to move up a level. Timetables are available at Reception or on our website.

Staff

- **Rachel** has a weekend of Pilates planned at the start of July. On Friday she will attend a Pilates for Children workshop and the next two days will be spent learning new repertoire for the Dancer/Gymnast. If you are interested in learning some challenging new exercises, book a program review with Rachel. If you have children who may be interested in Pilates, please register your interest at Reception.
- **Briar, Vanessa Hemer, Jenny and Becky** continue their Polestar journey and are now halfway through the course.

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