



# physiotherapy pilates proactive

freedom of movement...body and mind

## Monthly Update

### Issue 12 May 2008

### Welcome

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Welcome to our May newsletter. The rain continues to fall and the fire is keeping us warm! As we move into the colder months it is vital to continue your Pilates routine to keep your joints mobile and bodies supple.

### Dates to Remember.....

#### French Connections

While our group booking tickets have been organised, those who haven't bought tickets yet can still do so independently through BASS. You are most welcome to join us for a drink in the foyer at interval. See below for details.

#### 2008 Social Events

*Saturday 24 May 7.30pm*

French Connections - Australian Ballet Company  
Festival Theatre

*Friday 8 August 6.30-8pm*

Stirling Winter Wine and Cheese Night

*Wednesday 8 October 6.30pm*

Life is Rhythm – Camut Band  
Her Majesty's Theatre

*Friday 5 December 6.30-8pm*

Parkside Christmas Drinks

### Client Notice Board

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#### Health Funds

Please note that according to most Health Fund policies, clients are unable to claim two item codes in the same day. Unfortunately this means that physiotherapy treatments and 1:1s need to be booked on a different day to your Pilates class. We thank you for your understanding in this matter

### Littlehampton

Our most recent studio addition in Littlehampton is going very well and already has its own distinct personality! The Mat classes are filling rapidly and clients have commented on the tranquility of the studio.

We are pleased to announce that **Annie Ayres** will be starting Mat classes and consulting on Monday afternoon/evenings and Tuesday mornings from mid July. More details to come in our July newsletter.

Please make bookings to see Rachel or attend her Mat classes in the Littlehampton studio at our Stirling branch or call Rachel on 0423 742 200.

The current classes scheduled are run by **Rachel Combe**. These are:

Tuesday	<b>6.30pm</b>	Trim and Toned
Tuesday	<b>7.45pm</b>	Gentle
Friday	<b>9.15pm</b>	Intermediate
Friday	<b>10:30</b>	Gentle

### Class Updates

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#### Beginners Courses

The next Beginners Course dates for 2008 are:

**STIRLING** Wednesday 6.30pm **28 May – 25 June** and **2 July – 30 July** (run by Annie)

**PARKSIDE** Thursday 7.45pm **5 June – 3 July** and **4 July – 21 August** (run by Rachel)

Please note that our Stirling course will be running continuously now, starting every 5 weeks. This will allow clients to enter the Beginners stream with a minimal wait.

## Class Changes

### PARKSIDE:

#### New Classes:

- Tuesday 6pm Late Pregnancy
- Tuesday 8pm Intermediate

#### New GES:

- Monday 4.15pm
- Wednesday 8am
- Friday 4.15pm

## Staff

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- **Vanessa Tesanovic** is jetting off to Germany for the 5<sup>th</sup> International Polstar Conference which is being held in Dusseldorf, the birthplace of Joseph Pilates. She will be attending seminars and workshops run undoubtedly by some of the most inspirational, accomplished Pilates instructors in the world. She will also be holidaying in Egypt and London – happy holidays, Vanessa.
- **Ellie Parnell** will be away in May accompanying her highly talented percussionist husband, Nick Parnell for a three week Australian performance tour.
- During this time we are lucky enough to have **Becky Granger**, a UK trained physiotherapist with a vast amount of experience in Pilates, manual therapy and acupuncture. She has joined the team as our permanent holiday cover physiotherapist. This means that Becky will work for many weeks of the year at all three studios. If you would like to see Becky for physio treatment or to try a session of acupuncture please book in at Reception. A comprehensive biography of Becky's many talents is available at Stirling and Parkside.

- Congratulations to **Annie Ayres** who passed in her final submission of work for her Diploma in Professional Pilates Practice – what a relief!
- **Rachel Combe** gave a talk last month for the staff at the Adelaide Clinic, part of the Ramsey Health group, about Pilates and its benefits as part of their wellbeing program.

## News & Views

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### Would you like to improve your dance technique?

The staff at PPP all have a special interest in theatre, music and dance. We are slowly building a reputation amongst these performers as the place to go for Pilates classes.

**Rachel Combe** sees many young dancers from local ballet schools and has helped their ballet technique with specific Pilates programs.

In particular we would like to congratulate **Samantha Votari**, one of our Parkside clients, who won the gold medal in the annual Cecchetti competition. Sam feels that her regular Pilates regime has assisted her greatly in strengthening her body and improving her technique.

For more information about Pilates for dancers, pick up a flyer from Reception.

**So until next month,  
Stay Proactive!**

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