



physiotherapy pilates proactive

freedom of movement...body and mind

Welcome

Welcome to our November Newsletter. The year as usual has flown and we have been impressed with our clients' dedication and commitment to their Pilates routine over the past 12 months. I think you will all agree that it's often only when you stop doing Pilates that you realise what tremendous benefits the exercises provide! It certainly is easier to stick to a routine now that the warmer weather is providing more motivation to stay active. Wouldn't it be great to get through the Christmas season maintaining some healthy habits so you arrive at January feeling fabulous?!

Dates to Remember.....

Saturday 1 November

Bookings open for Sharon's massages in 2009

Monday 1 December

Bookings open for Pilates and physiotherapy appointments in 2009

Prepays available at Incentive Rate of \$195 throughout December

Payment for ballet tickets needs to be finalised.

Friday 5 December 6.30-8pm

Parkside Christmas Drinks. We invite our clients from all of our studios to come to the Parkside studio for Christmas Drinks. We provide champers and nibbles – all you need to turn up with some Festive cheer! Please RSVP to Reception.

Wednesday 24 December – Sunday 4 January

Practice closed

Saturday 28 February 2009 7.30pm

Australian Ballet Company –
Firebird and Other legends
Festival Theatre. See below for details.

Wednesday 11 March 8pm

Complexions Contemporary Ballet
Festival Theatre. See below for details.

Monthly Update

Issue 18 November 2008

Client Notice Board

Our Client Trips to the Ballet!

In early October, Rachel and a group of 25 PPP clients attended the fabulous Camut Band's production, Life Is Rhythm. These talented dancers used their bodies to create coordinated percussion pieces that left the audience feeling uplifted and energised!

Based on the positive feedback received about these dance evenings, Rachel has decided to plan two more for 2009.

The Festival Centre's program is packed with intriguing productions so the decision was hard! The usual staple of the Australian Ballet is on the menu as well as what sounds to be a fantastic performance by Complexions Contemporary Ballet. The director of this company choreographed some pieces for *So You Think You Can Dance* (USA). Please ask at Reception for the Booking Form. Payment for tickets needs to be finalised by **Monday 1 December**.

Booking Sheets for 2009

Bookings for classes in 2009 will be open on **Monday 1 December**. Please ensure that you complete a booking sheet as the Admin staff will have a lot to process! Bookings can be made up until end of February and we encourage you to make these bookings to guarantee yourself a spot in your favourite class, as the New Year is always a popular time to resume Pilates!

Price Freeze!!

With all the doom and gloom about the global economy crisis we thought we would give our clients a reprieve from our usual fee increase. All fees will remain at the 2008 rate. We will also still continue our annual December Special of offering all Prepay Blocks at the Incentive Rate of \$195. Clients may purchase a maximum of 2 blocks at this rate.

Christmas Gift Ideas

Before we know it, Christmas will be upon us. At Physiotherapy Pilates Proactive we can make up Gift Vouchers for Beginners Courses and Pilates sessions, or general vouchers for an amount of your choice. Some of our Merchandise Best Sellers include:

- Chi Balls \$25
- Foam Rollers \$70
- Pilates Mat \$70
- Grip Sox \$15
- Theraband \$15
- Pilates Proactive CDs \$30
- Pilates Track Pants \$45
- Pilates ¾ T-shirt \$35
- **NEW!** Pilates Tanktop \$35

Socks

Now that the Summer months are here, can we please remind you to bring clean socks to class. Jane often suggests to clients keeping a spare pair in the glove box of their car! If you forget your socks, emergency ones can be purchased at Reception for \$3 or you may want to buy a pair of our Grip Sox. If you find that you get sweaty in class you may wish to bring a towel to place over your mat and of course as the weather gets hotter remember your water bottle.

Devotees

Our Devotee Program was launched last month and 60 of our most regular, committed clients have been invited to join. Our next intake will be around February next year so if you just missed out on reaching the **150 classes within 3 years**, you will hear from us then.

Look out for the special Devotee T-shirts that these clients will be wearing – the design and colour are fantastic! PPP staff members are feeling very jealous!

What do you receive as a Devotee?

- Lifetime Incentive Rate for Prepaid Pilates classes
- Exclusive, limited edition “DevoTee” (It’s the T-Shirt designed just for ‘Devotees’)
- 50% off any one of our Best Seller items
- Devotee-only ‘Special Offers’ during the year

Product of the Month

Pilates Pack \$50 (normally \$70)

Great idea for Christmas, this pack includes:

- Chi Ball
- Theraband
- Pilates Proactive CD of your choice

Class Updates

Refresher Pilates Classes

Has it been a while since you came to Pilates? Feeling a bit rusty?! Rachel has been running one hour Refresher Classes during October and will run further ones in November and January to encourage clients to re-establish their Pilates routine. These classes cost \$27.50 and are claimable if you have private health, Physiotherapy Extras. CDS will also be available on the day at the reduced price of \$20. There are limited places available so we suggest you book early to avoid disappointment. The classes are on:

- Saturday 1 November 8.15am Parkside
- Saturday 15 November 11am Stirling
- Wednesday 21 January 7.45pm Stirling
- Thursday 22 January 7.45pm Parkside
- Wednesday 28 January 7.45pm Stirling
- Thursday 29 January 7.45pm Parkside

Staff

We would like to extend a warm welcome to physiotherapist, **Vanessa Hemer (nee Arbon)** who will be starting work with us at Parkside this month. Vanessa is well known in the Adelaide Hills for her longstanding professional partnership with Mark Elford at the Stirling Sports Injury Clinic (now known as Holistic Physiotherapy). She has been living in Tasmania for the past few years and has had 2 children in this time. Vanessa brings a huge wealth of experience to PPP, particularly in the field of cranio-sacral therapy and muscle energy techniques. We hope that eventually Vanessa will be able to take on some sessions at Littlehampton as she intends to live in the Adelaide Hills again. If you would like to make an appointment to see Vanessa, please ask at Reception.

So until next month, stay Proactive!

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