

**November 2011**

**Issue 37**

**MONTHLY UPDATE**



*Like us on Facebook and go in the monthly draw to win a Pilates pack valued at \$80*

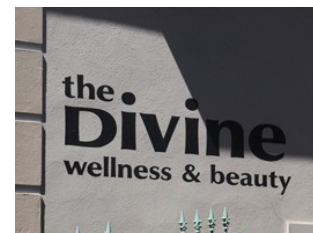
## Welcome

Welcome to our November monthly update. With summer around the corner, it is a great time to step-up your Pilates routine. If the weeks are flying by and you are not getting to enough classes, why not fill in a booking form and either email or fax it back to us. We are often told that booking in advance is a great way of forming a Pilates routine and attending classes regularly. See below for handy booking hints.

## Client Notice Board

### **REFERRAL PRIZE WINNER**

Each month one of our referring clients is selected at random to receive a voucher from The Divine Wellness & Beauty. Congratulations to Michelle Giavis and Renata Barnett who are the winners of October and November's prizes. And don't forget that all our referrers receive a \$25 PPP rewards voucher when they refer a new client to us. Just our way of saying thank you for spreading the word about the good work that our physios do!



### **CLASS BOOKINGS**

Some helpful hints about class bookings:

- ◆ Popular classes fill up quickly so be prepared to go on a wait list – people's circumstances are continuously changing and we ring wait listed people in the order of their bookings.
- ◆ You can change or cancel individual bookings at the desk or over the phone.
- ◆ Please don't ask staff verbally to make multiple bookings for you – fill out a booking sheet. This will help our reception desks run smoothly. It is also for your own peace of mind, as the booking sheet ensures mistakes are not made.
- ◆ When your prepaids have run out your name will appear on the prepay list on the noticeboard, as a reminder that you are due to buy your next block of prepaids.
- ◆ Receipts are available from the desk after you have completed your 10 prepaids. If you attend an evening class when there is no receptionist, your receipts will be posted the next morning.

*The class booking sheet is available at reception or on our website.*

<http://pilatesproactive.com.au/classes/booking>

### **CHRISTMAS CLOSURE**

This year both practices will be closed over the Christmas and New Year period from:

**Saturday 24 December** until **Monday 2 January**.

We reopen **Tuesday 3 January 2012** with classes and consults running as normal.

## Class Updates

A reminder of our **NEW** classes:

- ◆ Caitlin's **Gentle Mat** on **Mondays** at **10.30** at Stirling.
- ◆ **Mondays** at **6.30pm**, **Men's Pilates** with Gwendalyn at Stirling.

## Staff

- ◆ **Rachel** and **Jane** have been invited to become accredited practitioners of the Pink Pilates method, and are heading to Sydney on November 11 to attend the course. Pink Pilates aims to give women with cancer strength, as research shows that exercise improves survival rates from cancer. More information to follow soon.
- ◆ Later in the month, physio staff will be attending a lecture with well know chronic pain physiotherapist, **Peter Roberts**.
- ◆ We wish **Rachel** and **Paul** a wonderful wedding on November 19, and a fabulous honeymoon in Hawaii!



## PHYSIO SPOTLIGHT

**Each month we showcase one of our physiotherapists. This month the spotlight is being turned on Briar Strutton who has been working at PPP since January 2009. She consults and takes classes at Stirling on Tuesdays and Wednesdays.**

My special interest lies in dysfunction in the spine. I enjoy working with clients to resolve symptoms and I have undertaken study in diagnosis and treatment of spinal pathologies including McKenzie part A (lumbar spine) and part B (thoracic and cervical).

I also find it rewarding working with clients who suffer with headaches. Headaches are so debilitating to such a large proportion of the population. I have completed Dean Watson's headache course and have found the techniques particularly effective in the management, reduction or abolition of symptoms. I love teaching Pilates, particularly the mat classes and enjoying seeing clients improve from week to week. Completing the Polestar Pilates (Rehabilitation) course earlier in the year has enhanced my skills in both assessing and teaching.

In my time away from work I am a mother to two beautiful girls (6 and nearly 4) and we are currently reconstructing our house in Aldgate so I seem to be spending a lot of time looking at tiles, paint colours and fabrics!

**Book in at reception if you would like to see Briar at Stirling.**

Stirling Arcade  
39 Mount Barker Road  
Stirling SA 5152  
P: 8339 3188  
F: 8339 3199  
E: [stirling@pilatesproactive.com.au](mailto:stirling@pilatesproactive.com.au)

Parkside  
86 Glen Osmond Road  
Parkside SA 5063  
P: 8271 3144  
F: 8271 3244  
E: [parkside@pilatesproactive.com.au](mailto:parkside@pilatesproactive.com.au)

[www.pilatesproactive.com.au](http://www.pilatesproactive.com.au)

