



September 2011

Issue 35

MONTHLY UPDATE

Welcome

Welcome to Spring and our September update. The blossoms are looking stunning, Winter layers are being shed and all of a sudden people seem to be out and about again. Whether you are training for the City to Bay, working in the garden or making the time to step outside during a busy day, we hope you are enjoying the change of season.

Client Notice Board

FACEBOOK

Do you use Facebook? Well so do we. Follow the link below and become a fan of our page by clicking on like. Find out about exclusive PPP offers for Facebook fans and Pilates information as it unfolds. We would love to hear what's on your mind or answer those niggling questions you keep meaning to ask after class.



<http://www.facebook.com/pages/Physiotherapy-Pilates-Proactive/138189096933>

DEVOTEES

It is that time of the year again, when we look through the books and work out who qualifies as a 'Devotee'! To become a PPP Devotee you need to have attended 150 classes within a 3 year period. Congratulations to our 2011 clients who have been inducted into the Devotee fold!

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

WORLD PHYSIOTHERAPY DAY

Thursday 8 September – World Physiotherapy Day

World Physiotherapy Day is about acknowledging the valuable contribution physiotherapy makes to keeping people well, mobile and independent. Physiotherapy practices from countries around the globe are taking part in this unique event. Celebrate with us this Thursday at Parkside and Stirling. Treats at Reception and a spot prize will be given away in each Pilates class!



PUBLIC HOLIDAY CLOSURE

Monday 3 October – Labour Day

Both practices will be closed on this day. Please note that we will still be open as usual on Saturday 1 October.

Class Updates

- ◆ Caitlin will be running a **NEW Gentle Mat** class at **Stirling** on **Mondays** at **10.30** as of 10 October.
- ◆ From 10 October Rachel's **5.30 Trim and Toned** on **Mondays** at **Parkside** will change to **Intermediate** at **6.00**.

Staff

- ◆ Congratulations to **Briar, Jenny and Belinda** on outstanding Polestar exam results. After a gruelling preparation schedule, we have a feeling that they are enjoying having their Sundays back again!
- ◆ **Ellie and Gwendalyn** recently attended a course on the Triad-ball and then presented an in-service to physio staff. The Triad-ball is the latest in Pilates props. Larger than a Chi ball, but smaller than a Smart ball, it can be used in a range of ways. Look out for it in your favourite class soon.



PHYSIO SPOTLIGHT

Each month we showcase one of our physiotherapists. This month we are turning the spotlight on Gwendalyn Schmidt who has been working at PPP since August 2004. She consults and takes classes at Stirling on Mondays, Tuesdays and Fridays.

My passion is the assessment and treatment of cervicogenic headaches. Using specific diagnostic and treatment techniques I can determine the levels in the neck causing the pain and target them to help reduce headache pain and symptoms.

I have extensive experience in trigger point therapy and combine manual skills as well as dry needling to achieve best possible outcomes for the treatment of shoulder, elbow, hip, knee and ankle pathologies as well as other musculoskeletal problems.

My time away from PPP is spent with my family. My husband and I have two beautiful children, Travis (7) and Tamsyn (5). We love family nature walks and playing board games when it is wet and cold. I love cooking and gardening and any spare time I get is spent curled up with a good book.

Book in at Reception if you would like to see Gwendalyn at Stirling.

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