

# queen st pilates studio

## SUMMER 2011 NEWSLETTER

### WELCOME

Hello & welcome to our final Newsletter for 2011 - how did this year go by so fast? We have had a fabulous 12 months at QSPS & would like to thank all our loyal clients for exercising with us so faithfully all year long.

Please come & join us at our informal Christmas Party for casual drinks on Sunday 18th of December from 5:00 to 7:00pm at The Lady Daly Hotel, 126 Port Rd Hindmarsh (very close to the Entertainment Centre.)

### CHRISTMAS CLOSURE

We all deserve a fabulous & fun break though, so we will be closing from noon Saturday 17th December, & re-opening Monday 9th January 2012 - please let Reception know if you won't be back until later in January.

Physio opening/closing hours will be the same as the Studio; please call Garry Richardson directly through this time to arrange Massages on 0433 825 499.

The classes that we run at McLaren Vale & Wynn Vale finish December 21st, re-opening week of January 16th 2012 - again please let Reception know if you are taking a longer break.

### 2012 OPEN DAYS

We will be having three Open Days in 2012, to help spread the opportunity to keep fit with QSPS - there will be discounts available on the day for buying new Blocks, & it is a great chance to bring along friends & family - the dates are as follows:

Wynn Vale Sat January 21st 11am to 1pm  
1 Jubilee Way Wynn Vale

Croydon Sat February 4th 1pm to 3pm  
7-9 Queen St Croydon

McLaren Vale Sat February 4th 2pm to 4pm  
Unity Hall Main Rd McLaren Vale

(Stay tuned for a new venue opening soon...)  
Please see Reception to make a booking.

### PILATES CERTIFICATION

The Certificate IV in Pilates Therapy Instruction 2011 intake have almost completed the course so you will be seeing some lovely new Instructors in the New Year. The Diploma in Pilates Therapy Instruction will be commencing in Feb 2012 & the next Certificate IV Pilates Therapy Instruction will be commencing August 2012. See Reception for enrolment details.

### ARBONNE INTERNATIONAL

Leanne received a promotion & is now a Regional Vice President with Arbonne International - wow! Congratulations to her & a big thank you to all of the QSPS clients that have helped support her through the purchasing of the beautiful Skincare. As a result of her promotion she will soon be the owner of a brand new Mercedes - so be sure to keep an eye out for it when driving around Croydon!

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### EMPLOYEE PROFILE

Each Newsletter we feature a profile of one of our Instructors, & this time it is beautiful Peppa.



1. Starsign: Capricorn
2. Favourite Book: I'm ashamed to say but I am not a fan of Reading!
3. Favourite Movie: The Fairies Christmas Ballet - It's in cinemas at the moment. I may make an appearance in it hehe
4. Favourite way to relax: A day of luxury with massages & wine
5. Ideal weekend: A big breakfast on Sunday morning down at Henley, a walk along the beach with Ocky (my dog), catching up with friends & laughing continuously
6. Last time made a fool of myself: That's a hard one because I make a fool of myself all the time!
7. Favourite holiday destination: Mykonos & Santorini in Greece
8. My aims: I want to be famous :)

### EXERCISE OF THE SEASON

Eat, Drink & be Merry! (Oh, & Kate would like you to stretch your Hamstrings please....)

### A COUPLE OF REMINDERS

Lost property is piling up - so please check our stash of lost belongings, as we will be taking them to the charity shop once we close for the year. Also, as the weather warms up, if you are using the Cardio machine, please bring a towel to prevent sweating on the Pilates equipment or Studio pillows.

### CONGRATULATIONS & THANK YOU

Amy Harrison our Studio Manager was delighted to welcome Lachlan Wayne into the world Tuesday 15th November, joining his older brother Christian, & proud Dad Phil - we send congratulations to them all!

Kate would like to acknowledge & thank her client Jenny Puckeridge, who has been training with her since Kate began her first ever Mat class 5 years ago this month!

### CHRISTMAS

Still looking for present ideas for Christmas? Why not a QSPS Gift Voucher for Pilates or Massage? Or some Arbonne Christmas gifts? Please see Reception.

We would like to finish by wishing all our clients & their loved ones an enjoyable festive season (however you choose to celebrate it), & a happy, healthy, peaceful & safe New Year, from Leanne & all the staff of QSPS x