



<http://www.ssop.com.au/pilates.php>    [reception@ssop.com.au](mailto:reception@ssop.com.au)    02 9252 5770

### Dear Valued Client

We've increased our opening hours, put on some more classes, and added a couple of great private and duet offers to make it even more convenient to be a part of Pilates on Macquarie!

...and an important note. With some interesting shifts in private health-fund rebates, you may now be able to get even more back for your Physiotherapist-led pilates sessions. Contact your health-fund to find out what you can claim.

Tell your friends and colleagues to join up too...Pilates is for everyone!!!

Enjoy! The Pilates on Macquarie team.



### GREAT PILATES OFFERS!

Ask about our new **Pilates Packs**...

**Duet Pilates Pack** - 6 duet sessions for the price of 5 - only \$375 (less your Private Health Fund rebate)

**Private Pilates Pack** - 6 private sessions for the price of 5 - only \$475 (less Private Health Fund rebate)

### Keeping on the Ball with our Top Pilates Tip

Recent research has confirmed what we've known for a while...Pilates to strengthen the core and hip muscles can help fix your knee pain.

Knee pain is one of the most common problems, affecting around 20% of the population. Core strengthening, including work on the gluteals and abdominal muscles, can help to improve your biomechanics, decrease your pain and improve your performance.

Visit [www.ssop.com.au/pilateskneepain](http://www.ssop.com.au/pilateskneepain) for the abstract, or contact Ailish at [ailishtoomey@ssop.com.au](mailto:ailishtoomey@ssop.com.au) for more information.

## Pilates on Macquarie & SSOP named Official Blackmores Physiotherapists for the 2011 Sydney Running Festival!!!



### OFFICIAL BLACKMORES SYDNEY RUNNING FESTIVAL PHYSIOTHERAPISTS

We're proud to say we've been asked to be the official Physiotherapists for the Sydney Running Festival this year. In the upcoming months, we'll be providing online advice to runners participating in the festival. If you haven't launched into one of the runs before, it's a fantastic event and now is a good time to sign up!



### RUNNERS NEED TO MAKE TIME FOR A GOOD CORE!!!

Finding the time to train for an event is often tricky, and setting aside time for 'core' strengthening can be even harder. Make it easy by signing up for an **athletes pilates** class. Let the team here guide you on what needs to be done and how to do it, so you can improve your times and help to avoid injuries



#### **GOT A QUESTION? WHY NOT 'ASK AN EXPERT'?**

You now have direct access to highly trained Pilates Physiotherapists via email. If you have a question relating to your pilates exercises, your exercise program or general pilates-related question why not email us today. Just select ASK AN EXPERT in the right-hand column on the website, email us your question and a qualified pilates Physiotherapist will respond within 48 hours. Click here to give it a go [www.ssop.com.au/pilates.php](http://www.ssop.com.au/pilates.php)



#### **MORE OPTIONS**

We've added more times for Privates, Duets, and Classes to make Pilates on Macquarie even more convenient and accessible for you. Give us a call now on 9252 5770 to discuss what option works best for you.

**CONTACT US: Ph: +61 2 9252 5770 • Level 5, 139 Macquarie Street, SYDNEY NSW 2000 • E-mail: [reception@ssop.com.au](mailto:reception@ssop.com.au)**

To be removed from this mailing list, please [click here to unsubscribe](#) .