

## To our Valued Clients



Registration for our Fall/Winter Session is now on! This session will run from November 1<sup>st</sup> to December 22<sup>nd</sup>. We will not be running regular classes for the last week of December due to *Christmas Holidays*.

During this time, however, certain instructors are available for private sessions – please contact the studio for details if you are interested in booking a session.

Our New Year Winter session will begin after the Holidays on January 2<sup>nd</sup>, 2013

### *Facebook Promotion*

Have you liked the Shelbourne Studio Facebook page yet? Help us reach our next goal of 500 likes! We are constantly updating our Facebook page with articles, recipes, videos photos, and important studio news – it is such a great way to keep in touch and network – I would love to see more of you online and have your interactive feedback!



## Draw For a Complimentary Massage Treatment!

When we reach our newest goal of **500 likes on our facebook page** we will be drawing to give away a **FREE 1 hour massage** – who doesn't need that?!



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We will be offering **4 complimentary classes** over the Christmas holiday as a **thank you** to our current clients

### *Sydney:*

Yogalates Fusion Class - Thurs Dec 27 9am  
Barre on the Reformer - Thurs Dec 27 10am

### *Helene:*

Fundamentals of Pilates – Sat Dec 29 10am  
Magic Circle and Cylinder – Sat Dec 29 11am

Complimentary class registration is first come first serve. Call the studio now to reserve your space in the class!



## *Gordon Head Rec Centre Announcement*

We are pleased to announce that Shelbourne Physiotherapy will be soon providing the Health and Rehab services at Gordon Head Rec Centre, coming November 1 2012!

Our team is very excited to be taking on this new venture – it will be an excellent service for our clients!



### *Services:*

**Aquatherapy**  
**Kinesiology/Exercise Rehabilitation**  
**Physiotherapy**  
**Massage Therapy**

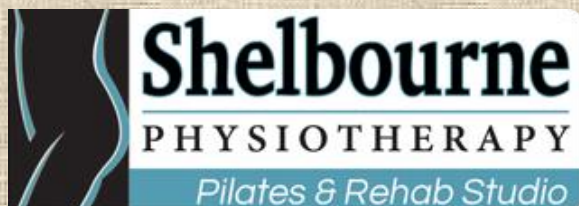
Watch for an official notice and more details coming up in the near future!

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As the holiday season draws near, please remember to take time for yourselves to de-stress!

Happy Holidays to you and your families!

Wishing you all happiness, health, love and laughter,



### *Notice of Move*

This is a notice to let you all know that I will be moving to Campbell River at the end of October 2012.

My husband Aaron has accepted a promotion for an Assistant Manager Position in the new Thrifty's that is opening in Comox, and we will be much closer to our families which is important to us.

Fortunately I will be continuing with my position as Studio Manager/Coordinator for Shelbourne Pilates and Rehabilitation.

I will continue to manage the schedule, programs, email and telephone. I will always be able to be reached with any questions or concerns – and will be present in the studio periodically – especially during registration time.

I will definitely miss the day to day greetings with all of you, but please know that I am always reachable by phone, email or Skype ☺.

Robyn will be present for anything you need full time in the studio.

I am extremely happy to be continuing my job with Shelbourne Studio and will continue to pour my energy, creativity and constant attention to detail into my work as Studio Coordinator.

*Erin Lamb*