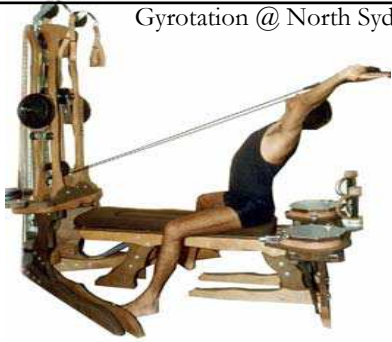


Gyrotation @ North Sydney Studio



When you start - Requirements:

1. Wear snug, but comfortable clothing. (Males: bike shorts or similar are essential)
2. CLEAN socks are essential—not the socks you walk in with
3. Bring a towel to lie on
4. Bring a water bottle
5. Do 3 sessions in the first week, one within 48 hours after your private consultation
6. All sessions are by appointment—please book weekly in advance
7. Take a hot bath/shower and drink lots of water on the day of your first session. You may feel 'under the weather' because of a possible toxin release.
8. Payments in full are required by the first general session.
9. Please arrive 10 minutes early for your first appointment to complete information forms.
10. During your sessions, please inform the staff if you have had any discomfort since your last session.
11. After your initial consultation all bookings are made directly with the studios

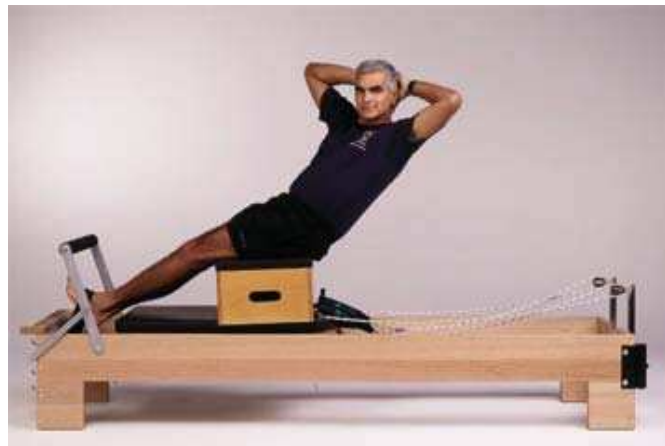
BODY CONTROL PILATES STUDIOS™

Level 2, 29 Albert Avenue.
Chatswood NSW 2067

Tel: 02 8920 2622

**5min walk from Chatswood Rail Station
Between Bertram and Neridah Streets.**

**Parking at Chatswood Chase
Shopping Centre (3 hours free)**



BODY CONTROL PILATES STUDIOS™



MM
MENEZES
METHOD

The
**MENEZES
METHOD™**
“A Step beyond
Pilates”



Body Control Pilates Studios are fully
accredited members of the Pilates
Institute of Australasia



The **MENEZES METHOD™** is a very specific style of Pilates created by Allan Menezes, the pioneer of the pilates method in Australia, based on the Contrology Principles created by the great J. H. Pilates. It is vastly different to all other Pilates styles and works exceptionally well for those with back ache as well as with athletes, children and postural imbalances.

This style comes highly recommended by prominent practitioners with respect to injury rehabilitation, muscle balancing and the relief of chronic back, neck and shoulder pain.

Using our fully equipped studios, **MENEZES METHOD™** is extremely effective in working weak or underused muscle groups to produce:

- Better posture & Increased stamina
- Stronger abdominals
- Reduction in back pain
- Better sports performance
- Improved flexibility in all joints, etc.

MENEZES METHOD™ for Toning and Fitness

What is the Purpose?

- Identify weak and 'unused' muscle groups
- Lengthen the over-strong, tight groups
- Strengthen the weak muscle groups
- Improve flexibility, strength and tone
- Improve stamina through breathing control
- Improve body shape and tone

Our Aim is to combine all of the above to produce an efficient and effective 'whole' for better quality of life and wellbeing. To perfect even one of the above can take weeks or even months.

MENEZES METHOD™ for Rehabilitation

This program's **primary objective** is to:

- Lessen the 'reaction time' when an injury becomes aggravated and then
- By gradually reducing this time to 'zero' we are then able to start the strengthening phase of the program
- Increase mobility and strength while stabilizing the joints

This process takes weeks and sometimes many months to 'undo' old habits. Our programs have shown that if we are able to reduce the pain levels by even 25% over six months, this is better than most other programs have achieved.

How do I start?

An initial consultation is required by all attendees. This private one-to-one session is one-and-a-half hours long and must be booked through the office—(02) 8920 2622.

This also includes the bestseller, "*The Complete Guide to the Pilates Method*" 2nd Ed by Allan Menezes (RRP \$32.95) sent by email

For how long should I attend ?

How often do you brush your teeth & why?! After your initial consultation, we recommend that you attend 2 to 3 times per week for at least three months in order to gain the most benefit and see the changes! Some clients have been attending for over 12 years!

If you don't look after your body—it will fall apart on you, guaranteed!

The first month is required just to stabilize you!

What do I do next?

The next step is to contact the Head Office on **(02) 8920 2622** to make your first appointment.

MENEZESpilates™ is ideal for young and old, 8 to 80; amateur and professional athletes; housewives and labourers.

We also accept workers compensation cases, insurance accident claims, etc.

The BCP Studios also provide rebates with selected Health Funds.