

PILATES & Cardio Early Morning Programs

4 Week Block beginning 3rd & 5th November 2010

Further information call 42674448 or go to www.wellnesscentre.net.au
Venue: Wellness Centre 31 Moore St. Austinmer

Time	Wednesday Begins 3 rd Nov.	Thursday Begins 5 th Nov.
6.00 am	Cardio	P/M

Pilates Matwork (P/M)

A unique approach to help you get into shape. Postural awareness, control and stability training of this type is safe and effective at all ages. You will **need to bring a mat or a towel**. Good quality Studio mats are available at the Wellness Centre.

Peak Cardio Weight Loss

Latest interval classes to maximize fat burning & cardiovascular health.

- \$15 one class per week Total \$60
- \$27 two classes per week Total \$108

To register fax, email or drop in form below. Limited places. "First in first serve"

Early morning Classes Registration Form 2010

Name:	Registration is Essential
Address:	Money is not refundable. Compulsory Pre-Exercise Questionnaire available online or from our centre.
Phone:	Payment required to book placement (not casual)
Email:	Full payment is required..
Health Fund:	<input type="checkbox"/> Cash payment \$
Class Type:	<input type="checkbox"/> Please charge \$..... to my credit card
Day: Time:	<input type="checkbox"/> Mastercard <input type="checkbox"/> Visa
Classes week block	Expiry date /
Circle class & fee	-----
Weds Cardio Frid. P/M	
 \$60 \$108	
<input type="checkbox"/> Tick this box if this will be your 1 st Pilates class	Name on card
	Signed
	Please post, phone/fax/email details or deliver in person to Wellness Centre, Phone: 4267 4448 Fax: 4267 1706 31 Moore Street Austinmer 2515