

PILATES Class Timetable Term 1 2009 (10 weeks)

TERM BEGINNING MONDAY 2nd FEBRUARY

Further information call 42674448 or go to www.wellnesscentre.net.au

Venues: Thirroul Senior Citizens Centre (next to Thirroul Library LHD)

Mums with Bubs & Casual Saturdays are held at Thirroul Neighbourhood Centre

Time	Monday Starting 2 nd Feb	Wednesday Starting 4 th Feb.	Thursday Starting 5 th Feb.	Friday Starting 6 th Feb.	Saturday
8.00am					P/M Casual Thirroul N.C.
9:30am	P/B		P/M		
11:00am				Mums & Bubs Thirroul N.C.	
6:15pm	P/B	P/M/B			
7:10pm	P/M	P/M			

Pilates on Ball (P/B)

Ideal for those who are stiff and find exercise awkward. This is a non impact class which will release muscular tightness and mental tension, leaving you calm, relaxed, and refreshed with increased flexibility. Excellent back-care workout and developing core strength. Beginners welcome. Your own anti-burst ball is required. Available at Wellness Centre.

Pilates Matwork (P/M)

This Pilates specific class has 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. For this class you will need to bring a mat or a towel.

Pilates Matwork Beginners (P/M/B)

This fundamentals class is specific for participants new to Pilates or those with limitations. Does not require a high degree of flexibility or strength. Participants can work at different levels within the class for effective individual results.

Mums with Bubs

Special Post Natal Pilates Matwork classes for postnatal recovery. Return to pre-pregnant body shape, awareness, tone and control. Elizabeth is a mother of 2 with specialist training in Pregnancy & Post Natal Pilates (Cert.IV.) Safe exercises with gradual progressions.

Pilates Class Registration Form

Name:

Address:

Phone:

Email:

Health Fund:

Class Type:

Day:

Time:

Term 1 2009, 10 week term \$110

Tick this box if this will be your 1st Pilates class

Ball is required for P/B & T/T

I have my own certified anti-burst ball

Please contact me re. ball purchase

Registration is Essential

Money is not refundable however classes are transferable within the same term

Payment required to book placement (not casual)

Cash payment \$

Please charge \$..... to my credit card

Bankcard Mastercard Visa

Expiry date /

Name on card

Signed

Please post, phone/fax/email details or deliver in person to Wellness Centre, Phone: 02 4267 4448 Fax 4267 1706
185 Lawrence Hargrave Drive Thirroul 2515