

PILATES Class Timetable Term 3 2009 (10 weeks)

TERM BEGINNING MONDAY 27th JULY

Further information call 42674448 or go to www.wellnesscentre.net.au
Venue: New Thirroul Library (opposite Thirroul Railway Station)

Time	Monday Starting 27 th July	Thursday Starting 30 th July	Saturdays
8.30am			P/M Casual
9:30am	P/B	P/M	
6:00pm	P/B	P/M/B	
7:00pm	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.**

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. Good quality Studio mats are available at the Wellness Centre

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.

Mum' with Bubs

Special Post Natal Pilates Matwork classes for post natal recovery. Return to pre-pregnant body shape, awareness, tone & control. Elizabeth is a mother of 2 with specialist training in Pregnancy and Post natal Pilates (Cert IV) Safe exercises with gradual progressions. Classes starting soon. Call Elizabeth on 42674448

Pilates Class Registration Form

<p>Name:</p> <p>Address:</p> <p>Phone:</p> <p>Email:</p> <p>Health Fund:</p> <p>Class Type:</p> <p>Day: Time:</p> <p>Term 3 2009, 10 week term \$120 Early bird discount \$110 if paid by 10/07</p> <p><input type="checkbox"/> Tick this box if this will be your 1st Pilates class</p> <p>Ball is required for P/B & T/T</p> <p><input type="checkbox"/> I have my own <u>certified anti-burst ball</u></p> <p><input type="checkbox"/> Please contact me re. ball purchase</p>	<p>Registration is Essential</p> <p>Money is not refundable however classes are transferable within the same term. Compulsory Pre-Exercise Questionnaire available online or from our centre.</p> <p>Payment required to book placement (not casual). <u>Full term payment is required.</u> Catch-up classes can be done during the Term including Saturday mornings.</p> <p><input type="checkbox"/> Cash payment \$</p> <p><input type="checkbox"/> Please charge \$..... to my credit card</p> <p><input type="checkbox"/> Mastercard <input type="checkbox"/> Visa</p> <p>Expiry date /</p> <p>-----</p> <p>Name on card</p> <p>Signed</p> <p>Please post, phone/fax/email details or deliver in person to Wellness Centre, Phone: 4267 4448 Fax: 4267 1706 185 Lawrence Hargrave Drive Thirroul 2515</p>
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