

Thirroul PILATES Class Timetable Term 4 2011

TERM 4 BEGINNING MONDAY 10th October 2011 ending Friday 16th December

Information call 42674448 or go to www.wellnesscentre.net.au **You can Now BOOK & PAY ONLINE**

Venues: *Thirroul Library*

Time	Monday Starting 10 th Oct.	Tuesday Starting 11 th Oct.	Wednesday Starting 12 th Oct.	Friday Starting 14 th Oct.	Saturdays
8.30am					P/M casual
11:30am				Mums & Bubs	
6:00pm	P/B				
6:30pm			Just4you		
7:00pm	P/M				

Pilates on Ball (P/B)

Ideal for those who are stiff and find exercise awkward. Excellent back-care workout for developing core strength. Beginners welcome. **Your own anti-burst ball is required.**

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. Saturday 3.30pm Casual class (\$17) Book by phone or online. Good quality Studio mats are available at the Wellness Centre.

Mum' with Bubs Post Natal Pilates

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, with gradual progressions in a convenient, warm comfortable venue. Thirroul Library

Just4you (Personal Pilates) (Private sessions also available see website for details)

Small group of 4 Personalized Pilates Class. These classes will be using Foam Rollers, Magic Circles, exercise bands & fit balls to enhance the sessions depending on the individuals needs. For those who want that extra attention and results.

Thirroul Pilates Class Term 4 Registration Form 2011

Name:	Registration is Essential
Address:	Money is not refundable however classes are transferable within the same term. Compulsory Pre-Exercise Questionnaire available online or from our centre.
Phone:	Payment required to book placement (not casual) Full term payment is required. Catch-up classes must be done during the Term . You can now Pay & Book online.
Email:	<input type="checkbox"/> Cash payment \$
Health Fund:	<input type="checkbox"/> Please charge \$..... to my credit card
Class Type:	<input type="checkbox"/> Mastercard <input type="checkbox"/> Visa
Day:	Expiry date /
Time:	-----
Term 4 Classes 10 weeks \$140 if paid before 10th Oct then \$160 for a 10 pass card	Name on card
<input type="checkbox"/> Tick this box if this will be your 1 st Pilates class	Signed
Ball is required for P/B	Please post, phone/fax/email details or deliver in person to Wellness Centre, Phone: 4267 4448 Fax: 42671706 31 Moore St. Austinmer 2515
<input type="checkbox"/> Please contact me re. ball purchase	