

Pilates Yoga & Meditation

Register Online or Phone for Classes & more information www.wellnesscentre.net.au
Please continually check our website for most current timetable
Registration is required for each class either by phone, online or in person

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am	Fat Burning Pilates		Fat Burning Pilates		Hatha Yoga Starting 24.02	
9.30am	Pilates Matwork	Beginners Pilates	Hatha Yoga	Pilates Matwork	Pilates Matwork	Pilates Matwork
10.45am	Beginners Meditation			Beginners Meditation		
11.30am	Post Natal Pilates Mums & Bubs					
1.00pm		Time Out Free space 1-3pm		Time Out Free space 1-3pm		
12.45pm			Beginners Pilates			
3.00pm						Pre-natal Pilates
4.30pm	Pilates Matwork					
5.45pm	Ball Pilates	Pilates Matwork	Hatha Yoga	Beginners Pilates	Hatha Yoga	
7.00pm	Hatha Yoga	Pilates Matwork Foam Roller				
7.30pm			Beginners Meditation			

SPECIAL OFFER \$20 for 10 Days

Take advantage of our Special 1 time offer for those new to the Wellness Centre Wollongong Studio. \$20 for 10 consecutive days of unlimited Pilates Yoga & Meditation (not valid for Mums & Bubs Post-natal classes or workshops) For local residents on!

Class Passes

Casual class \$20

5 class pass \$85 Valid up to 6 weeks

10 class pass \$160 Valid up to 3 months

20 class pass \$300 Valid up to 3 months

Class passes can be shared between friends or family!

Beginners Pilates 4 week course \$75

Mums & Bubs class \$25 or a 5 class pass for \$110

Unlimited Memberships

Monthly Unlimited Unlimited Pilates, Yoga and Stretch & Meditation classes. \$160

3 month Unlimited Unlimited Pilates, Yoga and Stretch & Meditation classes. \$445

6 month Unlimited Unlimited Pilates, Yoga and Stretch & Meditation classes. \$750

12 month Unlimited Unlimited Pilates, Yoga and Stretch & Meditation classes. \$1300

Direct Debit Option (No Contract No sign up fee)

Unlimited Pilates/Yoga/Meditation classes for only \$70 per fortnight (+ small admin fee). Registration forms online or give us a call 4226 3777

Discounted concession priced passes & memberships need to be booked and paid in person or by phone.

Concession prices are for pensioners 10% off (Blue card) & full-time students 20% off (Secondary, TAFE & Uni) ID required.

Payments can be made in person with cash or Eftpos
By Phone with credit card details, online via our secure website booking system or by direct deposit (call for details)

Please note exercise mats are required for all classes except meditation. Mats are available for hire \$2 or purchase at the Centre