

FEBRUARY 2010

Pilates courses

FOCUSING THE MIND ON HOW THE BODY MOVES

Flowing movements coordinated with the breath. Enhance deep abdominal strength, spine flexibility and muscle tone.

Fitzroy Swimming Pool

Mon 7:00pm Experienced 1

five week* course begins 1 Feb

*course consists of only five sessions due to Labor Day holiday
(price will be discounted on purchase)

Richmond Rec. Centre

Thurs 7:30pm Experienced 1

six week course begins 4 Feb

FULL FEE: \$91.80 (member/casual)

CONCESSION: \$45.90