



Term 1 begins Mon 1st Feb,  
meanwhile here's the latest news...

- **New day for Diamond Creek Intro Pilates**

**Wed Pilates is moving to Tuesday**

We start the term as usual, with

Wed 10.30am Pilates on 3rd & 10th Feb

**then from 16th Feb, the session moves to Tues 10.30am**

Still at Diamond Creek Community Centre with Gillian

This allows for a day of rest, for those who also attend Thurs morning Pilates or Yoga.

We hope this suits you OK, you can send us your comments

[mail@geniuswellbeing.com.au](mailto:mail@geniuswellbeing.com.au)

- **Intro Pilates Course**

Get started with Pilates, learn correct technique, be guided step by step through your first routine. For complete beginners.

**Wednesdays 7.30 - 8.30pm** at Eltham North Primary with Murray starting 3rd Feb ~ 4 weeks \$70

- **Holiday Sessions**

**Thurs 6.30pm Yoga** on 21st & 28th Jan at Eltham North Primary with Kelly

(please note Thurs Yoga is usually 6.15pm) All welcome.

*Best wishes for your health and happiness, from Murray & Gillian*

[Flyer](#)

[Website Timetable](#)

[How to Register](#)



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