



FOCUS
PILATES STUDIO

Group Times

(Because strength is built from the ground up)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.am Beginners Plus					8.30am Open
10am Intermediate		5.30pm Intermediate		9.30am Intermediate	9.30am Stretch Class
6.30pm Advance	6.30pm Beginners	6.30pm Beginners		10.30am Beginners	
7.30pm Intermediate	7.30pm Beginners Plus	7.30pm Beginners Plus			

If your goal is to have a lean, strong and flexible body, then group classes are a great way to introduce you to the Pilates method. The Pilates group classes are a safe and effective way to get fit whilst having fun at the same time utilizing other small Pilates equipment. It is a non-impact, non-resistive form of exercise that focuses on developing: Core stability, Flexibility, Balance, Co-ordination and Strength. Although unique, this very popular exercise is suitable for all ages and fitness levels. Pilates mat or ball work is ideal, simply because the only tool necessary to becoming fit are your mind and body.

Price list

<u>*Group Classes</u>	<u>*Stretch Classes</u>
Casual.....\$18	One hour class.....\$18
Courses	45minute class.....\$12
(Once a week).....\$160	
(Twice a week)..... \$280	
<small>*all packages expire every school term *no concession rates apply to any of the group classes.</small>	<small>*all packages expire every school term *no concession rates apply to any of the group classes.</small>

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