



MAT PILATES

HYDE ROAD PARK

(JUST NEAR THE CARPARK/PLAY EQUIPMENT)

As Joseph Pilates once said, "In 10 sessions you will **feel** the difference, in 20 you will **see** the difference, and in 30 you will have a **whole** new body".

Register your interest/enquiries:

Marnie Wolff: Your Space Pilates

www.yourspacepilates.com

marniejobson@hotmail.com

0412621569

Friday's

@ 9.15-10am

STARTING:

Term 2

18 April-6 June

Course Costs

8 wks Course: \$105

(course inc. free class)

Casual Class: \$15

Bring your own mat

Child Friendly

**Located near the
play equipment for
your 'littlies' whilst
you workout**

Wet weather option

@ St Sebs School

