

HEALTH & WELLBEING

Barre Ballet Body Classes

Blending the poise of Pilates with the flowing sequencing of yoga, this class is pretty powerful!

Efficient use of bodyweight exercises, light hand weights and small props delivers a dynamic toning class that works fast! Sculpt and shape without bulking up in this signature style.

Join Leigh's class to improve your fitness, enjoy easy to follow moves to a motivating music mix. Beginners and all fitness levels are welcome in a friendly supportive environment.

Cost: \$7.00 per class

**Monday 6.30pm – 7.15pm
(all levels of fitness)**

**Wednesday 4.00pm – 5.00pm
(catering for over 55+)**



450 - 452 Kooyong Road
Caulfield South VIC 3162
admin@csch.org.au
www.csch.org.au
9596 8643



**Caulfield South
Community House**