



Caulfield South Community House

Strength & Tone Pilate Exercise Class

A low to medium impact class including light hand weights, designed to strengthen tone and stretch the entire body.

Tuesday (Low Impact, Balance and Stability)

Wednesday (Traditional Low to Medium Impact Level Pilate Exercises)

3.00pm—4.00pm Tuesday and Wednesday

\$6.00 per class

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

