

# HEALTH & WELLBEING

## Pilate Exercise Classes

### **Strength and Tone exercise Classes for all ages!**

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

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 and supported in a friendly environment.

**Cost: \$8 per class (+ \$20 Annual Subscription)**

**Tuesday (low impact chair based) 10am – 11am**

**Wednesday (traditional floor/mat style) 1.30pm – 2.30pm**

