



### **Fundamental Pilates Matwork – Level 1**

Learn and practice the solid foundations of Pilates. Suitable for all ages, abilities, rehab and pre-post natal.

**Tuesday 11am & Friday 9.10am**

### **Intermediate Pilates Matwork – Level 2**

Participants must be proficient at Level 1 before attending this class. Existing Pilates exercises progress to become more challenging and new Level 2 Pilates exercises are added into the repertoire.

**Tuesday 10am**

### **Intermediate Pilates Matwork – Level 3**

Participants must be proficient at Level 1 before attending this class. Use of various equipment adds variety, interest and extra challenge to existing and new Pilates exercises.

**Thursday 10.30am**

“Pilates is the only exercise class that leaves me feeling strong, stretched, empowered, balanced and relaxed all at the same time! Pilates strengthens the body from the inside out, focussing on core muscles and body alignment first, then moving on to the more exterior muscles of the body, toning, stretching and shaping in a controlled and highly effective way. There's nothing like it! Everybody should do it!” **Jennifer Dunnell**

**Look after yourself ... do Pilates.**