

City North Physiotherapy



PILATES CLASSES

TERM 3 2018: July 17th/19th – September 18th/20th

TIME:

TUESDAY: General 5.30pm
General/Rehab 6.30pm

THURSDAY: Beginners 5.30pm
Intermediate Plus 6.30pm
Intermediate 7.30pm

WHERE: The Meat Market, 5 Blackwood St, North Melbourne

COST: \$190 or \$139 Concession



The course is run through **The North and West Melbourne Centre** and supervised by local physiotherapists **Sue Gertzel** and **Fernanda Cury** who will teach you how to activate your core postural muscles and move more easily in your day to day activities through gentle stretching and strengthening



For more **info** contact:

City North Physiotherapy Clinic: 9328 3733

email: citynorthphysio@bigpond.com

To **apply** contact:

The Centre: 9328 1126

email: admin@centre.org.au