

City North Physiotherapy



PILATES CLASSES

TERM 3 2017: July 18th/20th – Sept 19th/21st

TIME:

TUESDAY:	General	5.30pm
	Absolute Beginners/Rehab	6.30pm
	Men's Class	7.30pm
THURSDAY:	Beginners	5.30pm
	Intermediate Plus	6.30pm
	Intermediate	7.30pm

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

COST: \$185 or \$135 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