

# City North Physiotherapy



## ***PILATES CLASSES***

**TERM 1 2018:** Jan 30<sup>th</sup>/Feb 1<sup>st</sup> – March 27<sup>th</sup>/29<sup>th</sup>

**TIME:**

<b>TUESDAY:</b>	General	5.30pm
	General	6.30pm
	Prenatal	7.30pm
<b>THURSDAY:</b>	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

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To **apply** contact:

The Centre: 9328 1126

email: [admin@centre.org.au](mailto:admin@centre.org.au)