

City North Physiotherapy



PILATES CLASSES

TERM 2 2018: April 17th/19th – June 26th/28th

TIME:

TUESDAY:	General	5.30pm
	General	6.30pm
	Rehab & Absolute beginners	7.30pm
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