

City North Physiotherapy & The Centre



WEDS EXERCISE CLASSES

Term 3

2018: July 18th – September 19th

Time: WEDNESDAY MORNINGS

9:15am Pilates: A general class for any level.

10:15am Senior Adults Exercise: A gentle exercise class to improve range of movement, strength and balance.

Location: The Legion (behind the NM library)

Cost: \$190/\$139 for Pilates and Older Adult Exercise.
\$22 per class for Mums and Bubs



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 exercises.

For more **information** contact:

City North Physiotherapy Clinic: 9328 3733

or

Email: citynorthphysio@bigpond.com

To **apply** contact the Centre on: 9328 1126