

# City North Physiotherapy & The Centre



## ***WEDS EXERCISE CLASSES***

### **Term 1**

**2018:** January 31<sup>st</sup> – March 28<sup>th</sup>

**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.

**11:15am Mums and Bubs**

**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](mailto:citynorthphysio@bigpond.com)

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