

PILATES

Body & Balance



ZUMBA

Time Table Term 3 - 2010

Running from 19/07/2010 until 25/09/2010

BOOK NOW

Bookings are essential

Plenty of parking at all locations

| TIMES | MONDAY |
|--------------------|---|
| 9:30am - 10:30am | Allambie Public Hall, Cnr Allambie & Owen Stanley Rd - <i>Pilates Beginners Book NOW</i> |
| 11:30am - 12:30pm | Body and Balance <i>Studio Pilates Maximum 4 people – Bookings Only</i> Reformer and small apparatus equipment |
| 6:30pm – 7:30pm | St Kieran’s Church Hall – Cnr of Condamine & King St. – <i>Book NOW</i> <i>General Pilates</i> Car park entry via 2 King Street |
| 7:45pm – 8:45pm | St Kieran’s Church Hall – Cnr of Condamine & King St. – Car park entry via 2 King Street <i>ZUMBA FITNESS Book NOW</i> BOOKING ESSENTIAL |
| TIMES | TUESDAY |
| 10:00am - 11:00am | Body and Balance <i>Studio Pilates Maximum 4 people – Bookings Only</i> Reformer and small apparatus equipment |
| 6:00pm - 7:00pm | North Steyne Surf Club Manly. - <i>Pilates General (mixed levels) Book NOW</i> |
| TIMES | WEDNESDAY |
| 9:30am -10:30am | North Steyne Surf Club Manly – <i>Power General Pilates Book NOW</i> |
| 1:00pm – 2:00pm | Lotus Health - 40 Yeo Street, Neutral Bay. <i>Corporate YogaPilates (ChiBall) Book NOW</i> BOOKING ESSENTIAL |
| 6:30pm - 7:30pm | 32 A Orchard Road, Brookvale (parking on site) <i>ZUMBA FITNESS Book NOW</i> BOOKING ESSENTIAL |
| TIMES | THURSDAY |
| 10:30am - 11:30 am | North Steyne Surf Club Manly – <i>Mothers Groups Fitness Class</i> New Class <i>Group Booking Essential (discount applies for over 10 Mums)</i> |
| 6:00pm - 7:00pm | North Steyne Surf Club Manly. – <i>ZUMBA FITNESS Book NOW</i> |
| 7:15pm - 8:15pm | North Steyne Surf Club Manly <i>YogaPilates (ChiBall)</i> <i>Cancelled for Term 3 Book NOW for Term 4</i> |
| TIMES | FRIDAY |
| 9:30am - 10:30am | North Steyne Surf Club Manly – <i>Zumba Lite (includes Pilates) Book NOW</i> |
| TIMES | SATURDAY |
| 8:00am - 9:00am | Manly Vale Public School, Sunshine St. Manly Vale. - <i>Pilates General</i> CANCELLED - BOOK NOW FOR SPRING |

Classes will commence subject to numbers
Classes can be made up in the current term only

All classes provide individual attention. If you are a beginner, intermediate or advanced you will be instructed accordingly. Please arrive 10 to 15 minutes before your first class, to give yourself time to complete your enrolment form and discuss any specific problems or needs with your instructor. You will need to wear comfortable clothing, bring or purchase a mat and a stretch elastic band at class, towel and water. Enjoy the class.

Contact Jill : (02) 9949 8421 or 0412 422 868

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