

# **Mat Pilates**

Mat Pilates is a low-impact floor-based exercise program focusing on increasing core stability, control, and overall strength.

**Mondays: BRUCE 10:15am**  
**BRUCE 2:15pm**  
**BRUCE 4pm**

**Tuesday: BRUCE 9:15am**  
**BRUCE 4pm**

**Wednesday: BRUCE 11:45am**

**Friday: BRUCE 10am**

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## **Southside: Wednesday 10am**

Dales Ballroom Dancing (Home Studio)

94 Longmore Cres, Wanniasa 2903

Do Not Park In Driveway

**Cost: \$15 a class**

Please call to book into your classes

# **Pilates Introduction Class**

Mat Pilates is a low-impact floor-based exercise program focusing on increasing core stability, control, and overall strength.

We encourage all our participants interested in joining our Mat Pilates class to complete our 30-minute Introduction class to learn the principles of Pilates before joining our group session.

**Cost:** \$20

**What to Bring:** Mat, Towel & Water Bottle

**Please contact us to book an appointment.**