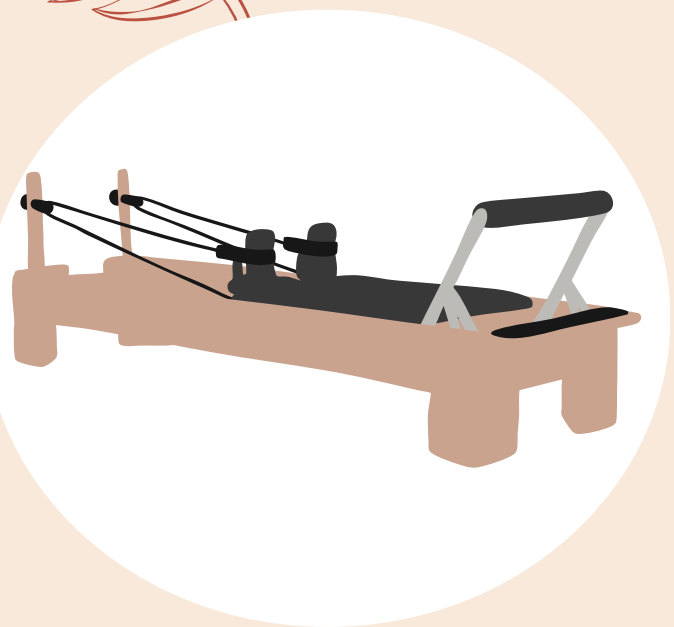


Reformer Pilates



Reformer Pilates helps improve whole body strength, flexibility, and posture. Reformer Pilates uses springs to add resistance to exercises you see in Mat Pilates. Reformer Pilates is perfect for enhancing mobility and easing joint pain, while boosting overall wellness at any fitness level. All classes can be tailored to suit any condition or injury.

Tuesday: 8am
Thursday: 2pm **FULL**
Thursday: 3pm
Friday: 8am **FULL**
Friday: 1:15pm

**\$40per
Class**



1800 011 041



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