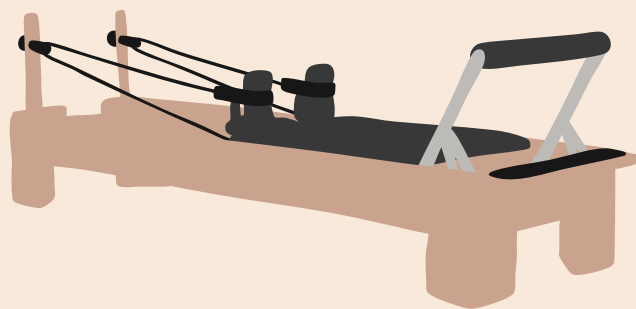


Reformer Pilates

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.

Monday: 4pm
Tuesday: 8am
Tuesday: 8:45am*
Wednesday: 12pm
Thursday: 2pm
Thursday: 3pm
Friday: 8am
Friday: 1pm

* 30min class



Booking Essential!

**\$40per
Class**



6251 2055



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