



NEW!

INTRODUCING PILATES

Discover the benefits of Pilates with our **NEW** low impact class promoting strength and mobility of muscles whilst focusing on improving the core, pelvic floor, balance and posture. Regular practice of Pilates has been shown to assist in the improvement of bone density, joint mobility, and back strength.



JOIN OUR CLASS TODAY!

Start from: Tuesday 23rd July 2024 (School terms only)
Every Tuesday 10:30-11:30am
Venue: Sutherland Senior Centre, 749 Old Princess Hwy, Sutherland
Cost: \$65/term (10 weeks)
Program: Floor or Chair Pilates

WHAT TO BRING

Please bring your own mat, a workout towel and a bottle of water.

REGISTER BY GIVING OUR FRIENDLY HEAD OFFICE A CALL ON 8580 0628 OR SEND AN EMAIL TO [INFO@SHARE.ORG.AU](mailto:info@share.org.au)