



Pilates Health & Fitness Classes

Bunbury TERM 1 starts Monday 10th of January 2012

Bunbury Timetable			
	Monday	Tuesday	Wednesday
5:30	Essential Pilates		Essential Pilates
6:30	Essential Pilates		Pilates Flow

Term 1 Prices

Monday: 11 Classes \$154

Wednesday: 11 Classes \$154

Mon & Wed Classes

22 Classes: \$277

Pilates Essential Class:

For people who are new to Pilates. A structured beginners program designed to introduce newcomers to the Pilates method & principles. You will learn a basic Pilates floor routine (this can be built on with more challenging exercises as you progress to the next level) There is a strong focus on posture, core stability and body awareness.

Pilates Flow:

Is a choreographed Pilates class that is based on dynamic stability, incorporating movement patterns that enhance physical functionality. The class focus is on active dynamic pelvic floor training and integration, developing a deeper understanding of Pilates methodology.

Located at the:

Bunbury Rowing Club

What to Bring:

Please bring a towel & a water bottle. Your own fitball may be required for some classes.

BOOKINGS ARE ESSENTIAL FOR ALL CLASSES

To book call 0407 915147 or email jane@tonezonepilates.com.au

Payment can be made by EFT, cheque or cash. EFT payment can be made into the following account, putting your name in as the transfer description:

BSB: 066-507 AC: 1052 4700

NO REFUNDS ARE GIVEN

Enquiries: 0407 915 147 or jane@tonezonepilates.com.au

www.tonezonepilates.com.au



Mid-Term Break

Hi Everyone,

Please be advised that Term 1 2012 has a two week mid-term break as per the below schedule. While Term 1 is actually 13 weeks long there are only 11 weeks of actual classes.

Term 1 starts on Monday the 9th of January 2012.
It goes for 7 weeks until the Wednesday the 22nd of February 2012.

There is then a 2 week mid-term break.

Term 1 restarts on Monday the 12th of March 2012 and runs for 4 weeks until Wednesday the 4th of April which is the Wednesday before Good Friday.

Pilates Classes Running				
Week	Week Beginning	Monday	Tuesday	Wednesday
1	09-Jan-12	Yes	Yes	Yes
2	16-Jan-12	Yes	Yes	Yes
3	23-Jan-12	Yes	Yes	Yes
4	30-Jan-12	Yes	Yes	Yes
5	06-Feb-12	Yes	Yes	Yes
6	13-Feb-12	Yes	Yes	Yes
7	20-Feb-12	Yes	Yes	Yes
8	27-Feb-12	No	No	No
9	05-Mar-12	No	No	No
10	12-Mar-12	Yes	Yes	Yes
11	19-Mar-12	Yes	Yes	Yes
12	26-Mar-12	Yes	Yes	Yes
13	02-Apr-12	Yes	Yes	Yes