



viva pilates
stretch | strength | control

WAKE UP WITH PILATES

NOW AT KYLA PARK HALL

Come to a class - see what Pilates is all about.

- Improve posture
- Increase flexibility
- Develop core strength
- Breathe better
- A fun, safe, informative full body workout
- Adaptable to most fitness levels

CLASSES at DALMENY & TUROSS HEAD

Dalmeny Fire Hall Tuesdays 9am

Kyla Park Hall - Tuross Head Tues. 11am & Thurs. 9am

Your first class is always free. Bring a mat, a towel, curiosity and enthusiasm. Beginners welcome.

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Precise Teaching...Profound Results