

Mums and Dads.....

*Do you need to improve your posture?
Improve your pelvic floor and core
muscles? Get that mind/body connection?
Do you need some 'me' time?*

Mat Pilates

When: from April 16th- 8 weeks

Mondays- intermediate 9am, beginners 10.05am,
pregnancy/mums 'n bubs 11.10am

Tuesdays -beginners 5pm, intermediate,
6.05pm, blokes, 710pm.

At: South Gippsland Community Health Centre

Cost: per term \$168

With: Fiona Greuter Women's Health and Pelvic
Floor Physiotherapist/Pilates Instructor

To register or for more information contact

Fiona on 0403750772 or

fionagreuter@gmail.com