



SkiPilatesFUSION



Bright Sports Centre Mat & Small Apparatus Classes

Run by APMA instructor and Ski Pilates Fusion Founder, Sally Rosenhain, these classes are suitable for those who are generally healthy and free from acute pain and injury.

Pilates brings a range of life and health enhancing benefits including improved musculo-skeletal strength, flexibility and endurance for more active performance. Other benefits include improved balance, posture and general fitness for a greater sense of wellbeing,

Each class is 1 hour in duration, with only 8 clients per class. The structured program runs over 8 consecutive weeks – every Friday from April 23. Presently 3 class times are available for beginner and intermediate standard, with private 1-on-1 classes also available.

Program: 8 x 1 hour classes, over 8 weeks

Cost: \$200 paid by April 19

Bookings: Essential. Call Sally: 0419 314 727

Enrol in 8 weeks and upon completion, receive a voucher for a complimentary 30 minute equipment studio class at SPF Dinner Plain.

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