



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.

Geri Taylor Pilates Instructor Adv. Dip. Pilates, Cert. Exercise Therapy

P O Box 3094 Tuross Head NSW 2537 Australia

Ph:02 44738917 vivapilates@bigpond.com

PAA L30509:0104 ABN 22073086580

Precise Teaching...Profound Results