



STRONG AND FLEXIBLE PILATES

Monday 6pm and Thursday 9:30am (during school term)

Meet Marion for an hour of Pilates that will leave you feeling reenergized and relaxed.

Workouts are designed to help you improve flexibility and strength as well as decreasing stress levels by harmoniously coordinating breathing, balance and alignment.

Marion trained with leading international academy BASI, lives in Herne Bay and teaches in prestigious studios, alongside home privates.

West End Lawn tennis club - 2 Fife Street in Westmere.

Follow **bamboo** on  to learn more.
PILATES

**West End Lawn
Tennis Club
in Westmere**

**Beginners to
advanced**

**Small tailored
classes**

**Experience great
mind and body
harmony**

**Beautiful venue
fun class
great results**

\$220 for 10 classes pass

\$25 casual

mguilbertmail@gmail.com

021 116 8222