

PILATES CLASSES

Monday	5:30-6:30pm	Beg/Inter	Nicole
Tuesday			
Wednesday			
Thursday	5:30-6:30pm 6:30-7:30pm	Inter/Adv Beg/Inter	Nicole
Friday			
Saturday	8:30-9:30am	All Levels	Nicole

YMCA

25 Riversdale Rd
Newtown

- Experienced & qualified instructors
 - All fitness levels
 - Small class size
- Class terms coincide with school terms
 - Casual classes available
 - Mats provided



For more information – Contact *Newtown Physiotherapy 5221 0555*