

PILATES CLASSES

Unlimited Classes

ONLY

\$25.00 / week

Call TODAY
and
TRY PILATES

with JANE

Classes Available:

Monday @ 9.15 am
Wednesday @ 8.15 am
Thursday @ 9.15 am
Friday @ 8.15 am

FEEL a difference in
4 weeks

SEE a difference in
in 8 weeks!

- Get a trimmer waist line
- Run faster : Lift heavier
- Make lower back pain a thing of the past
- Get back to that 'Pre-Baby Body'
- Eliminate tension headaches and neck stiffness
- Get back into training faster after injury
- Touch your toes pain free

• Synergise Exercise @ Zen Central • 71 Russell Street, West End •

• call today **0408 716 768** •