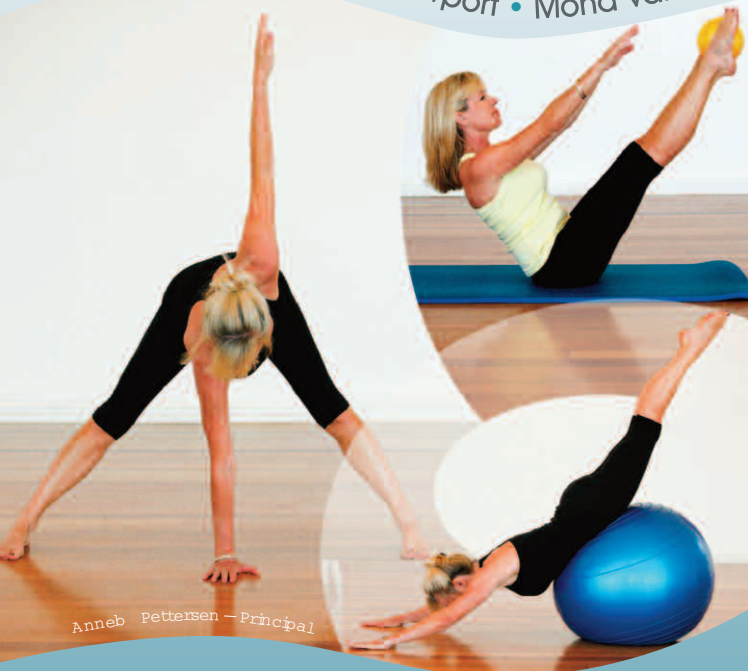




Avalon • Narrabeen • Newport • Mona Vale



Anneb Pettersen — Principal

Quality Pilates and Zumba on the Northern Beaches

- Graded classes
- Personal attention
- Relaxed friendly atmosphere
- Pilates Fitball



www.northernbeachespilates.com.au

northernbeachespilates@hotmail.com

P: (02) 9999 0130 M: 0429 998 778

Quality Pilates & Zumba on the Northern Beaches
with **Annebé Pettersen** (Cert IV Pilates)

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TIMETABLE

Term 1 2012 will commence

Friday January 27th 2012

Avalon Recreation Centre

59a Old Barrenjoey Rd

| | | |
|--------|-------------------|-----------------------------------|
| MONDAY | 7.00pm | Basic/Intermediate/ Apparatus* |
| FRIDAY | 9.30am 10.30am | Intermediate Basic |

*includes some Fitball Pilates


Newport Community Centre

11-13 The Boulevard

| | | |
|-----------|-------------------|-----------------------------------|
| TUESDAY | 7.00pm | Basic/Intermediate |
| WEDNESDAY | 9.30am 10.30am | Pilates/Cardio Pilates Fitball |



Mona Vale Memorial Hall

Village Park, 1606 Pittwater Rd

| | | |
|-----------|------------------|---|
| TUESDAY | 9.15am | Intermediate |
| WEDNESDAY | 6.30pm 7.30pm | Basic/Intermediate  |

Narrabeen Surf Club

Lions Park, Ocean St between King St and Albert St

| | | |
|----------|---------|---|
| MONDAY | 9.30 am |  |
| | 6.00pm | Basic/Intermediate |
| | 7.00pm |  |
| THURSDAY | 9.30am | Basic/Intermediate |

Northern Beaches Pilates

- Graded Pilates classes
- Suits men and women of all ages and fitness levels
- PILATES - improve muscle tone, core strength and flexibility, decrease back pain
- ZUMBA – get fit, lose weight and have fun!

