

northern beaches  
**pilates**  
LOOK GREAT FEEL FANTASTIC

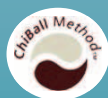
Avalon • Narrabeen • Newport • Mona Vale



Annebé Pettersen - Principal

## Northern Beaches Pilates

- Graded classes
- Personal attention
- Relaxed friendly atmosphere
- Pilates Fitball
- Chi-Ball™ class **!!NEW!!**



*Quality Pilates on the Northern Beaches*

[www.northernbeachespilates.com.au](http://www.northernbeachespilates.com.au)

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# Quality Pilates on the Northern Beaches

with *Annebé Pettersen* (Cert IV Pilates)

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## TIMETABLE

Term 3 starts 19th July

### Avalon Recreation Centre

59a Old Barrenjoey Rd

MONDAY	6.30pm 7.30pm	Basic/Intermediate Pilates Fitball
FRIDAY	9.30am 10.30am	Intermediate Basic

### Newport Community Centre

11-13 The Boulevarde

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 10.30am	Intermediate ChiBall™ <b>NEW</b>
WEDNESDAY	6.30pm	Basic/Intermediate

### Narrabeen Surf Club

Lions Park, Ocean St between King St and Albert St

MONDAY	9.30 am 6.00pm 7.00pm	½ Basic, ½ Fitball Intermediate Basic/Apparatus
THURSDAY	9.30am	Basic/Intermediate

## Northern Beaches Pilates

- suits men and women of all ages and fitness levels
- firm, tone and strengthen the whole body
- improve flexibility and mobility
- decrease back pain, flatten stomach and improve posture

