

- Are you concerned about your poor posture, flabby tummy or untoned bottom muscles?
- Have you underlying injuries or aches that are making you cautious about exercising?
- Are you looking for a work-out that's fun, affordable and most of all effective?

THEN OUR NEW EXERCISE CLASSES ARE FOR YOU!

Introducing.....



The aim of these classes is to greatly improve your posture, biomechanics and core stability while also increasing your general fitness.

There is a maximum of 6 participants per class so you will get plenty of individual instruction to ensure that you get the results you want.

Classes are taken by an experienced Physiotherapist and are a mixture of Pilates, cardio work and weight training mostly done on a Swiss ball.

Only \$20 per class
Bookings are essential.
Phone 388 7129
424 Broadway, Miramar



Sessions run every Monday and Thursday from 11/10/10
Mornings: 9.30 – 10.30am
Evenings: 5.30 – 6.30pm

- *More times will become available as classes fill.
- *Get a group of 4 or more friends together & we will try & arrange a class time to suit you.

NB/ Exercises are adapted for any age, size or fitness level – so come along!
For more information visit our website: www.miramarphysio.co.nz