



Pilates roller regenerate for beginners

Monday & Friday's from 9.15-10.15am

31 West Terrace Tumby Bay

9 week program Monday 17th October – Friday 16th December 2011

Register now phone Corey **86881932**

Learn to reduce back & joint pain, fascia tension and rejuvenate body and mind

Ideal for Post Natal Women

\$280 2 days per week (18 sessions) | **\$149** 1 day per week (9 sessions)

Student & Pensioner Rates

\$187 2 days per week (18 sessions) | **\$98** 1 day per week (9 sessions)

Foam Roller req'd \$54 or BYO | Massage sticks, mats & balls supplied



Discount Bonuses

+8% off for existing Yoyalates/members/bootcampers if registered & paid by Thursday 13th October 2011 | +10% off for referring a friend*that joins

Sessions held indoors with a private & secure courtyard within steps for children if childcare is an issue*