



# Challenge yourself

Stay healthy and grow stronger with us.



## Pilates fitness classes

Our Pilates fitness classes boost participants mobility and strength in a dry based workout for all fitness abilities.

During the class, precise motions executed in a balanced mat routine works on your individual strength, flexibility, posture as well as deep core muscles. This class promotes a great atmosphere to boost mindfulness and body awareness whilst using your own body weight to challenge yourself!

An annual Pre-Exercise Questionnaire will be required prior to making an Fitness booking or participating in the program.

You can complete the Pre-Exercise Questionnaire electronically via the Burwood Council website or by visiting Enfield Aquatic Centre.

If you indicate 'Yes' on any of the pre-screening questions you will be required to obtain a medical clearance prior to sign-up.

Participants must be 16 years or over to attend Fitness programs.

### Prices

<b>Adult</b> (Casual)	<b>\$19.40</b>
<b>Adult</b> (10 visit pass)	<b>\$161.00</b>
<b>Concession</b> (Casual)	<b>\$14.00</b>
<b>Concession</b> (10 visit pass)	<b>\$118.00</b>

Concession applies for seniors and pensioner concession card holders (Aged and disability only). Visit passes valid for 12 months.

### Session Times

**Monday Evenings - 5:30pm - 6:30pm**

**Tuesday Evenings - 6:30pm - 7:30pm**

**Saturday Mornings - 9:30am - 10:30am**

11 week term program commencing from Tuesday 28 January to Saturday 12 April 2025.

**Bookings are recommended as positions are limited.**

**For bookings and enquiries phone 9078 6169**