

# 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

Adult (Casual)	\$19.90
Adult (10 visit pass)	\$165.80
Concession (Casual)	\$14.40
Concession (10 visit pass)	\$121.50

Concession applies for seniors and pensioner concession card holders (aged and disability only). Visit passes valid until June 30 2026.

### Session Times

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

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

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

10 week term program commencing from Monday 13 October until Sunday 21 December 2025.

Bookings are recommended as positions are limited.

**For bookings and enquiries phone 9078 6169**