

Pilates...*with a difference!*
Online via Zoom



Mon 5 Oct – Mon 9 Nov
9:15 – 10:15am | Cost: \$30

This new, online class with instructor Pennie, is Pilates with pizazz! Each class will include Pilates movements but will also combine elements of barre, balance, stretching and strength work to mix it up a little!

This class is suitable for a moderate fitness level, with the main requirement being the ability to get up and down from the floor. A mat and weights are optional extras should you have them at home.

Most importantly, this class will put a smile on your face and leave you feeling uplifted and positive.

These classes will be held online via Zoom. Please book with reception to receive the Zoom link, instructions and guidelines.

To book call us on 9598 2155 or
email admin@sandybeach.org.au

Sandybeach Centre

2 Sims Street
Sandringham 3191

03 9598 2155

www.sandybeach.org.au

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Pilates (Intermediate) Online via Zoom



Wed 7 Oct – Wed 11 Nov
9:15 – 10:15am | Cost: \$30

This online class, will help you maintain your core strength, flexibility and body awareness.

A strong Pilates workout, led by experienced instructor Pennie Johnson, to continue your Pilates journey with a focus on strength, control and precision.

This class will leave you feeling energised and refreshed after an active workout with your mind and body in balance.

These classes will be held online via Zoom. Please book with reception to receive the Zoom link, instructions and guidelines.

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Core Pilates
Beginner/
Intermediate
Online via Zoom



Frid 9 Oct – Frid 13 Nov
9:15 – 10:15am | Cost: \$30

Led by experienced instructor Pennie Johnson, this online class will start your Pilates journey or refresh your knowledge of the Pilates fundamentals.

This class will leave you feeling energised and refreshed with your mind and body in balance.

These classes will be held online via Zoom. Please book with reception to receive the Zoom link, instructions and guidelines.

Note: A prerequisite is that participants must be able to get up and down from the mat without assistance.

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