

## Pilates (Intermediate) Online via Zoom



Wed 15 July – Wed 19 August  
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.

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](mailto:admin@sandybeach.org.au)

**Sandybeach Centre**

2 Sims Street  
Sandringham 3191

**03 9598 2155**

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Core Pilates  
Beginner/  
Intermediate  
Online via Zoom



Friday 17 July - Friday 21 August  
9:15 - 10:15am | Cost: \$30

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

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

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