

## 2011 timetable

Term 1: 25th January - 12th April

### PILATES FLOOR CLASS TIMETABLE

**Tuesdays: 6:00pm - 7:00pm – Beginners/Intermediate**

**ADDRESS:**

NAVIGATOR PLACE  
Unit 4/5 Corner Nudgee Road  
and Navigator Place Hendra

**CLASS TYPES:**

Beginners

An introduction to the principles of Pilates, to gain a greater understanding and strength before progressing to the next level.

Intermediate

A course created to develop strength, endurance, flexibility, and ready to challenge themselves to the next level of exercises.

**QUALIFIED INSTRUCTORS:**

Principal - Shayne Smith  
(Body Arts and Science International pilates)

**COURSE FEES (10-week courses):**

1 class per week 10 weeks = \$140

Pay as you come (per class) = \$18

**WHAT TO BRING:**

- Own towel is essential
- Wear loose comfortable clothing
- Water bottle
- No shoes during class
- Can bring own mat, or mats are provided

**TO BOOK OR FOR MORE INFORMATION:**

Phone - 3268 3224

Email - [shayne@synergize.net.au](mailto:shayne@synergize.net.au)

EFTPOS NOT available at studio

