

# Chair Pilates @The Hive

Nedlands Affinity Club



## 11am every Tuesday at The Hive!

Heighten your body awareness in this class designed for all seniors, from beginners to those experienced with pilates. Instructor Ilsa Smith will encourage you to think about how you perform everyday movements with this easy and low-impact class. Please bring a mat and a small towel.

For more details, call City of Nedlands Positive Ageing Officer Marita Gardener on 9386 6170 or email [mgardener@nedlands.wa.gov.au](mailto:mgardener@nedlands.wa.gov.au).

The Community Hive at the Mt Claremont Community Centre is located at 105 Montgomery Avenue.