

Pilates for Seniors

Nedlands Affinity Club



**9am-10am on Tuesdays
at Dalkeith Hall, 99 Waratah Avenue**

Led by instructor Ilsa Smith, please wear comfortable clothes, bring a mat and a small towel.

Cost: Affinity Members : \$10, Non-Members: \$13

Please contact A U R J U A ' , * '6170 [! Á email'
dcg]hj YU Y]b[4 bYX'UbXg'k U[c j 'U . This activity is provided for senior residents in the City of Nedlands, aged 55+.