

Pilates with props

with Ilsa Smith

Nedlands Affinity Club



11am every Friday
Dalkeith Hall, 99 Waratah Ave

Are you interested in developing a deeper understanding of your body's potential to move with accuracy, alignment, control and efficiency? A weekly session of pilates with props at Dalkeith Hall every Friday at 11am may be exactly what you are looking for!

You will be guided through a range of exercises, involving specific props to support and enhance your understanding of correct posture and positioning.

Benefits include an increased ability to:

- control and manage a range of movements.
- build strength in muscles and joints as you work with props that offer safe and manageable resistance.

Affinity members: \$10; non-members: \$13. Bring along a mat, towel and water.

For more details, please call Marita on 9386 6170 or email positiveageing@nedlands.wa.gov.au