

PILATES

PCYC GLEBE



EXPRESSIONS OF INTEREST

PILATES MAT classes beginning – 8 February !

GLEBE PCYC is thrilled to announce respected Pilates expert Trainer JACQUIE AZIZI will commence teaching 45 min Pilates Mat classes Mon, Wed & Fri 4:05 to 4:50 pm Sat 8:05 to 8:50am & 9:05 to 9:50am

Gymnastics parents – these Pilates sessions are for YOU, while you child attends a class

Jacquie is one of Sydney's top fitness professionals (see 2020 program Superhuman ABC iView).

She also has a Passion for teaching exercise programs for recovering cancer, CFS, and other chronic illnesses through specialised exercise.

Jacquie teaches Pilates as a series of specific movements to develop core strength and muscle tone. She teaches by demonstration and does each class with you. Each movement is taught in small steps to enable maximum impact on all muscle groups.

Cost

1 class per week = \$160 per term
2 classes per week = \$300 per term
Casual visit = \$20/per class

Jacquie Azizi 0402 156 160
or jacquie@pifitness.com.au