

PILATES TO PLIÉS

WITH MARDI GANNON

KIRRAWEE | SATURDAY 23 JULY, 12 - 2PM

FREE FOR MEMBERS | \$55 FOR NON-MEMBERS

Join Mardi for a workshop that features a combination of movements inspired by Pilates, Reformer, Mat and Barre, designed to enhance flexibility, improve balance and challenge the core. Founded in Pilates, ballet and dance fitness, this is high-intensity yet low-impact and will leave every muscle feeling chiselled, whilst also daring you to find your shake zone. Suitable for all fitness levels with no dance background required.



visit bodymindlife.com/workshops or scan the QR code to book your spot.



bodymindlife

CLASSICAL SHAPES ON THE REFORMER

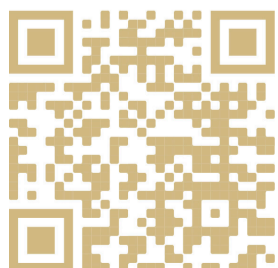


WITH IVAN BARRIOS

SURRY HILLS | SATURDAY 22 OCTOBER, 12 - 2PM

FREE FOR MEMBERS | \$55 FOR NON-MEMBERS

Ivan will guide you through the original mat Pilates repertoire, just as Joseph Pilates created, and you will learn how these exercises translate to the reformer beds to make your practice more dynamic. Expect a fun and energising flow that includes the classical shapes we all know and love, plus new moves that will take your practice to the next level. All levels welcome.



visit bodymindlife.com/workshops or
scan the QR code to book your spot.



bodymindlife

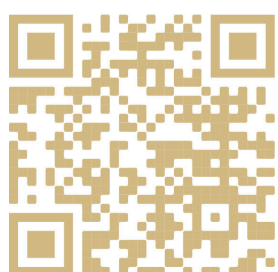


PERFECT YOUR PLANK

WITH CHRISEN HALL

SURRY HILLS | SATURDAY 6 AUGUST 12 - 2PM
FREE FOR MEMBERS | \$55 FOR NON-MEMBERS

Explore the strength of your powerhouse and shoulder girdle through this creative masterclass of planks and pikes on the reformer. Learn to flow intelligently from simple to complex movements whilst maintaining proper connection through the entire body. Join Chrisen for this alignment oriented and playful 2 hour workshop that will leave you feeling strong and stable in your Pilates practice.



visit bodymindlife.com/workshops or
scan the QR code to book your spot.



bodymindlife

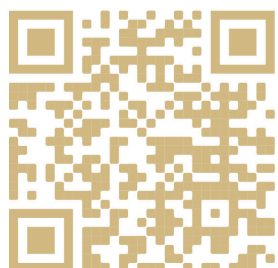
SHAKE YOUR BON-BON

WITH CHELSEY CAMERON



SURRY HILLS | SATURDAY 10 DECEMBER, 12 - 2PM
FREE FOR MEMBERS | \$55 FOR NON-MEMBERS

Join Chelsey for a booty burn inspired Masterclass. You'll experience a 2 hour workshop that will blend a fun fusion of Mat and Reformer Pilates to feel that famous Pilates booty burn. Expect to sweat, smile and of course, work-hard. All levels are welcome in this workshop.



visit bodymindlife.com/workshops or scan the QR code to book your spot.



bodymindlife