

WEEKLY CLASSES



Healesville's Private Fitness Studio Yoga - Nia - Pilates

Monday	6.30am Yoga 10.30am Pilates 6.00pm Pilates
Tuesday	6.00pm Yoga
Wed	9.15am Pilates 10.30am Yoga 6.00pm Pilates 7.15 pm Nia
Thursday	10.30am Nia
Saturday	10.00am Nia

Class fees

\$17 casual
\$60 4 class pass (use in 5 wks)
\$165 12 classes (use in 8 wks)
concession available

Vitalitymoves

46 Crowley Road, Healesville
(ample parking in High St)

0409 591 094

info@vitalitymoves.com.au

www.vitalitymoves.com.au

Yoga

Vitalitymoves yoga has a focus on assisting you in developing flexibility, strength, stretch and awareness in mind, body and spirit through the practice of asana (posture), pranyama (breath control) and Yoga Nidra (relaxation/Meditation).

Nia

Nia creates an inner body awareness allowing you to connect to your true self and moving your own body's way. It is a dynamic blend of dance, martial and healing arts that provides body and cardiovascular conditioning. It combines easy to follow movements with grace, fluidity and strength.

Pilates

Pilates is a system of exercise that is flowing and focused, providing awareness of breath, body alignment and building coordination, core strength and endurance. With practice people can obtain improved posture, greater abdominal/core and back strength, flexibility and a trimmer and stronger body.