



# equilibrium

PILATES STUDIO AT CEDAR



**Pilates classes for the community that are designed to help you feel strong, flexible and great in your body.**

Inside the Cedar College Sports Centre

**Spring Special for new clients:  
1 introduction to Pilates session and 2 Pilates equipment classes for \$50 (valued at \$124)**

\*for purchase until 30/9/21 only. 2 Months to book into session. Once the intro session has been used, there is a 30 day limit for the use of the 2 equipment classes.



# Try our classes.

Its not what you do but how you do it!

What we offer:

- Pilates Equipment classes
  - HIIT Pilates
  - 50+ Mat Pilates
  - Pre-school Pilates
  - Small class sizes
  - Relaxed environment
  - Child friendly environment
- classes around school drop off and pick up

Our equipment sessions:

- use reformer, trapeze table and wunda chairs
- personalised program for your body
- suitable for post-rehab, pregnancy and postnatal populations
- continued guidance throughout the class

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Book your new client special today!

Please call 0467253547 or email [info@eqstudio.com.au](mailto:info@eqstudio.com.au)

[find more information at eqstudio.com.au](http://findmoreinformationat.com.au)