



AQUA JETTY

Pilates

BEGINNERS COURSES



rockingham.wa.gov.au



Aqua Jetty

A City of Rockingham Community Facility

Pilates teaches body awareness and promotes good posture, improved flexibility, core strength and overall tone. If you would like to participate in our Pilates group fitness classes and have never done Pilates before, enrol in one of our beginner's courses today.

Dates for the beginners pilates course for 2021 are:

Term 1 Block 1

Monday 5.50pm: 1 February - 22 February

Term 1 Block 2

Monday 5.50pm: 8 March - 29 March

Term 2 Block 1

Monday 5.50pm: 19 April - 17 May (no class on 26 April)

Term 2 Block 2

Monday 5.50pm: 31 May - 28 June (no class on 7 June)

Term 3 Block 1

Monday 5.50pm: 19 July - 9 August

Term 3 Block 2

Monday 5.50pm: 23 August - 13 September

Term 4 Block 1

Monday 5.50pm: 11 October - 1 November

Term 4 Block 2

Monday 5.50pm: 15 November - 6 December

*Please note, dates and times are subject to change.

Cost per course

Members: \$53.20 | **Non-members:** \$65.20

For more information, please contact Aqua Jetty on **9591 0888** or aquajetty@rockingham.wa.gov.au