

**NEW  
CLASS**

# MUMS & BUBS PILATES CLASS

Whether you are a mum-to-be or just had a baby, bring yourself and your little one to a studio Pilates class tailored for you!  
We've made exercising with bubs easy. No babysitter required.

Newborn - 8 months (not crawling or walking)

## Why here?

- **Take advantage of our fully equipped studio**
  - **Small class; 3 participants**
- **Run by Qualified Pilates trained Physiotherapists**
  - **Private health rebates may apply**
  - **Lift accessibility, prams are welcome**
    - **Free parking**
  - **No waiting; no crowds**

**BOOKINGS  
ESSENTIAL  
CALL  
9361 5123**



Suite 5, 734 Albany Hwy, East Victoria Park

Ph: (08) 9361 5123 | 30 minute appointments | Open 8am - 7pm

[www.vicphysiogroup.com.au](http://www.vicphysiogroup.com.au)