



POINT THERAPY

Health Centre

Pilates for Fitness

First Session **FREE***

Not for the faint hearted!
Semi-private mat classes

(Maximum of 8 per class to ensure you receive the highest results)

- Weight Loss
- Body Sculpting
- Cardiovascular Fitness
- Increase Strength
- Improve Flexibility
- Eliminate Back Pain

Tuesdays – 12.30pm, 1.30pm **Wednesdays** – 6.30am, 7.30am

Thursdays – 5.30pm, 6.30pm **Fridays** – 1.30pm

Contact Naomi Murray on 0434 081 052

Internationally Certified
Certified Personal Trainer
Boxing Instructor

Diploma in Performing Arts

www.romanpilates.com



Point Therapy Health Centre Shop 8, 80 Ebley Street Bondi Junction NSW 2022

Phone 9369 5588 **Website** www.pointtherapy.com.au

* Offer is only available upon presentation of this flyer. Limit one free session per individual. Offer valid until 8th August 2008.