



# iso-lates - pilates class

**It's easy to forget about self-care during a pandemic. Join us from your own home via Zoom for a pilates class!**

iso-lates is an opportunity to get connected and get active. Pilates is low impact body conditioning which is great because anyone can do it!

**Monday 21 September 2020  
4:00pm**

to register email  
[caity.cox@headspaceknox.com.au](mailto:caity.cox@headspaceknox.com.au) or give us a call  
on 9801 6088