



# Pilates Summer Series!

**Every Friday come and join MPS Mum and Pilates Instructor Kirsti for a **fun mat Pilates class** in the park!**

Perfect for beginners and suitable for those who have had experience.

Grab your friends after drop off and do something that you'll feel good about.

"Kirsti's class is just what I'd been looking for - a healthy mix of exercise and a few laughs, and very convenient! Great to have this offering available for parents and carers".

"I walked out of Kirsti's pilates class feeling energised, released of tension and ready to take on the day. It has been a while since participating in group exercise for me and she really made everyone feel welcome".

**\$20 per class OR save with a pack!**

**\$90 for 5 or \$160 for 10**

**Dane Rd side of Basterfield Park 9.05- 9.50am.**

**Contact: 0413680417 or**

**[kirsti@kirstipilatestoyou.com.au](mailto:kirsti@kirstipilatestoyou.com.au)**