

# poundfit & pilates

## class

A high energy 45 min class hosted by Bec

Combining the rhythm of fitness drumming, the burn of pilates, and a feel good stretch to finish.



Every Tuesday from 8:45am  
until 9:30am

suitable for all  
fitness levels.

Located at the Main Hall via Gate 10  
entrance,  
next to the Community Hub.



Register with Active & Healthy via the QR Code above to  
secure your spot!