



medibank
FEEL GOOD
PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
5:30 – 6:15PM		Yoga	Pilates	Yoga	

YOGA

Yoga focuses on straightening the body and uses classic poses to bring your spine back into perfect alignment. Balance, flexibility and relaxation is supported by a series of postures and stretches with equal importance on breath and encouraging the free flow of energy throughout the body. Yoga is a wonderful introduction to the ancient practice for rookies, while even the most dedicated devotees will reap chakra-balancing rewards.

PILATES

Pilates is renowned for its body-sculpting benefits through core conditioning, building longer, leaner muscles and improving flexibility. Get there through a program that focuses attention on movement and breath, stretching and strengthening your body while improving flexibility. Touching beyond your toes and a more defined mid-section are just the beginning of what you can expect from Pilates.