



Redland
PILATES
Transformational Pilates Training™



REDLAND'S PREMIER PILATES STUDIO

Discover pilates for your
body, mind and wellbeing

Start now! Invest in your wellbeing
For 2011 incentive packages call 0424 033 646

www.redlandpilates.com.au

Equipment Classes

Suitable for all fitness levels.

The perfect way to strengthen your core, tone arms, legs and improve flexibility.

Recommended for back/neck problems.

Individual and small group sessions available.

The most effective way to achieve your perfect shape and condition.



Matwork Classes



A led class incorporating stretch and strengthening.

Suitable for beginners, no experience necessary.

Classes throughout the year, you can start any time.

Morning and evening times available.

A great way to strengthen your core, invigorate and energise your body.

fully equipped pilates studio
group | private | semi-private instruction
studio sessions | matwork classes | pilates for dancers
beginners to advanced | post pregnancy | all fitness levels

Call 0424 033 646 to secure your place

www.redlandpilates.com.au or email info@redlandpilates.com.au

Studio: 6/55 Shore Street West, Cleveland QLD 4163

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Boris Bivona

Principal Pilates Instructor

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Cleveland QLD 4163

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"Physical fitness is the first prerequisite of happiness"

- J. Pilates (1880-1967)

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