



APT GROUP SESSIONS 2020

LIVE VIA ZOOM

TERM 2 - 14 April to 19 June (10 weeks)

#APTCOMMUNITY 2020 STAY AT HOME

NEW MOBILITY MATTERS SESSIONS

AFTER THE POSITIVE FEEDBACK & GREAT GROUP FOR THE FREE MOBILITY MATTERS ZOOM SESSION ON WED 6 MAY APT would like to offer the following sessions for the remainder of Term 2:

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|-----------------------------|----------------|
| 1. WEDNESDAY 20 MAY | 11.15AM |
| 2. WEDNESDAY 3 JUNE | 11.15AM |
| 3. WEDNESDAY 17 JUNE | 11.15AM |

These sessions are ideal for 45+ for awareness, learning & improving posture and mobility – standing & sitting only (no floor work or kneeling required)

Sessions will run between 45-60 mins – review video will be available on request to participants to practice between sessions

Casual booking \$15

3 Session Special Pack \$40

Payment secures your booking EFT cleared prior to first class.

www.aptandpilates.com/contact (EFT details here & message APT)



APT PERSONAL TRAINING & PILATES

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www.aptandpilates.com

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