

Timaru Parents Centre



BLOOMING BODEZE

A yoga and pilates class for
mums-to-be

Where: Timaru Parents Centre Rooms
9 Napier St, Timaru

Times: 6:00pm - 7:00pm

Our Aim: To promote suppleness, flexibility, strength and tone for your body during pregnancy. Our yoga/pilates postures will prepare you to welcome your baby into the world.



Class Start Dates: Thursday 31 March 2011

Thursday 9 June 2011

Classes run in 8 week blocks

Cost: \$48 Parents Centre Member
\$72 Non-Parents Centre Member

Contact: Cath on 686 2282 for a registration form
or email timaruparentscentre@gmail.com