

### Sunrise Mat Pilates Short Course

This six-week beginner-friendly Mat Pilates program combines movement, breath, and ocean views for an energising start to the day.

Designed for all abilities, each session includes modifications and progressions to support individual needs. The program encourages participants to build a deeper connection with their bodies through mindful movement, improving strength, flexibility, and body awareness in a welcoming outdoor setting.

BYO yoga mat, water bottle

**Thursdays x 6** 17 July - 21 August

**6:00am - 6:50am**

**Seabreeze Slab, Nightcliff Foreshore**

near Nightcliff Jetty, heading towards Nightcliff Pool

**Flow**  
WITH CHLO

#### ★ Bookings required!

Instructor: Chloe - Flow With Chlo

**P** - 0432 359 094

**E** - [chloe.armitage@outlook.com](mailto:chloe.armitage@outlook.com)

To find out more about this activity,  
contact the instructor directly.

**Only \$10 per session!**



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