



## WEEKLY CLASSES

### GROUP CLASS TIMES

<b>Mon</b>	10:30am 6:00pm	Pilates Pilates
<b>Tue</b>	9:30am 6:00pm	General Yoga General Yoga
<b>Wed</b>	9:15am 10:30am 6:00pm	Pilates Yin Yoga Pilates
<b>Thu</b>	9:30am 10:30am 7:00pm	Qigong Nia Yin Yoga
<b>Fri</b>	—	
<b>Sat</b>	8:00am 9:00am 10:00am	Yin Yoga Qigong Nia

### GROUP CLASS FEES

\$17 Casual  
\$60 4 class pass (use in 5 weeks)  
\$165 12 classes (use in 8 weeks)  
Concession available

### FOAM ROLLER & CALM MEDITATION

Monthly courses, see flyers on website.

### YOGA

Vitalitymoves yoga has a focus on assisting you in developing flexibility, strength, stretch and awareness in mind, body and spirit through the practice of asana (posture), pranyama (breath control) and relaxation/meditation.

### NIA

Nia creates an inner body awareness allowing you to connect to your true self and moving your own body's way. It is a dynamic blend of dance, martial and healing arts that provides body and cardiovascular conditioning. It combines easy to follow movements with grace, fluidity and strength.

### PILATES

Pilates is a system of exercise that is flowing and focused, providing awareness of breath, body alignment and building coordination, core strength and endurance. With practice people can obtain improved posture, greater abdominal/core and back strength, longer body.

### QIGONG

Simple standing and flowing movement techniques for energising or rest, breath and mindfulness, creating calm and improving your health yourself!!

### FOAM ROLLER

Release tightness muscle knots and pain. Improve sleep. Reclaim flexibility and muscle function. Control your healing process with precise pressure.

### CALM MEDITATION

Learn some simple steps to create calmness and relaxation for your mind and body. Demystify meditation and learn what mindfulness is.



Healesville's  
Private Fitness Studio  
Yoga – Nia – Pilates

0409 591 094

info@vitalitymoves.com.au  
www.vitalitymoves.com.au

46 Crowley Road, Healesville  
(ample parking in High St)