



WEEKLY CLASSES



GROUP CLASS TIMES

Mon	9:30am	Pilates: <i>Stretch, strength, balance and coordination</i>
	6:15pm	VitalityFlow: <i>Flowing energy of qigong, weights, yoga</i>
	7:10pm	Yin Yoga
Tue	9:30am	Yoga: Hatha Flow
	6:00pm	Yoga: Hatha Flow
Wed	9:30am	VitalityFlow: <i>Flowing energy of qigong, weights, yoga</i>
	10:30am	Yin Yoga
	6:00pm	Pilates: <i>Stretch, strength, balance and coordination</i>
Thu	9:30am	Qigong
Sat*	9:00am	Qigong
	10:00am	Nia

*Saturday classes will be outdoors weather permitting.
Bad weather = no Nia or Qigong in the studio.

**IF COMING TO THE STUDIO YOU MUST BOOK
IN AS NUMBERS ARE LIMITED TO 6.**

GROUP CLASS FEES

\$18 Casual (\$15 Concession)
\$65 4 class pass (use in 5 weeks)
\$170 12 classes (use in 8 weeks)

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

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(ample parking in High St)