

# Amaranti's personal training



## Pilates

### Connecting Body, Mind and Spirit

Pilates classes @ Body Riches Massage Centre are small & intimate so you receive the attention you need and deserve. Each class focuses on posture, flexibility, core stability, balanced muscular tone, strength and body awareness

#### MONDAY

6.00 am

10.30 am

5.00 pm

6.00 pm

7.00 pm

#### TUESDAY

5.00 pm

6.00 pm

7.00 pm

#### WEDNESDAY

10.30 am

5.00 pm

6.00 pm

7.00 pm



### Also Available:

#### \*Personal Training

Motivating outdoor training sessions to help reshape, tone, energise and strengthen your body

#### \*Small Group Training

East Fremantle Wednesday and Friday mornings @ 6.00 am  
South Fremantle Tuesday and Thursday evenings @ 6.00 pm

#### \*Mums and Bubs

Fitness classes for mums and children up to 5 years  
Monday and Wednesday mornings @ 9.15 am

#### \*4 week Boot Camps

Saturday mornings @ 7.00am  
Work Your Body and Your Body Will Work for You!

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