

# OPEN DAY SCHEDULE – Saturday 14<sup>th</sup> August 2010

from 8am till 2pm (plus cocktail party 2pm-4pm)

**Try something you've never done before – FREE**

Plus many specials on the day – bring a friend and you get a reward

**FREE 20 minute private session: PILATES STUDIO,  
POWER PLATE or GYRTOTONIC<sup>®</sup>  
Book with reception NOW ph: 9977 1536**

**Also available on the day – 15 minute Assessments:**

- Health Assessment with Naturopath -Mel Koeman
- Reiki session with Practitioner - Victoria Sartor
- Skin Consultations with Beautician -Nicole Atkins
- Spinal Assessment with Osteopath -Vanessa Malone

## 30 Minute – TALKS

- 9.30-10am: What is Pilates? – Dav Cohen  
10.30-11am: Pelvic Floor & Women's Health – Amy Garratt  
11.30am-12pm: Naturopathy with Mel Koeman  
12.15-12.45pm: Osteopathy with Vanessa Malone  
1-1.30pm: What is Pilates? – Dav Cohen



## 30 Minute – Mat Classes

- 8-8.30am: Pregnancy Mat – Maria DiTano  
9-9.30am: Pilates Mat – HyonJoo  
10-10.30: Pilates Mat – Lissie Field  
11-11.30: Pilates Mat – Vanessa Watanangura  
12-12.30pm: Small App/Arc – Amanda Rickard  
1-1.30pm Yoga – Mari Notaras

## 30 Minute – Machine Class

- 8.30-9am: Reformer – Julie Flowers  
9.30-10am: ExoChair – Amanda Erlank  
9.30-10am: Pregnancy Ref – Maria DiTano  
10.30-11am: Reformer – Liana McCormack  
11.30-12pm: ExoChair – Cat Giannitto  
12.30-1pm: Reformer – Amanda Erlank  
1.30-2pm: ExoChair – Dav Cohen