

You're invited to our
Women's Pilates Program

PCYC women's only Pilates classes are **FREE** and are a great opportunity to meet new people and work out in a women's only environment.

Term II runs from Wednesday October 15 to Wednesday December 17.

When: every Wednesday from 11.30am to 12.30pm.

Where: PCYC Ginninderra, Lhotsky Street, Charnwood

What to bring: Your sports clothes and a towel

We will provide a FREE child minding service during the class so you can work-out comfortably.

A project in partnership with the Australian Human Rights Commission and Australian Multicultural Foundation

