

physio pilates

**your body
will love
you for it!**



Active Physio Kerikeri

2/7 Homestead Road, Kerikeri

Ph/Fax 09 407 4288

Email reception@active.fizzio.org

Monday - Friday 8am - 5:30pm



ACTIVEPHYSIO[®]
www.physio.co.nz

Pilates classes for all levels taught by physio professionals.

Pilates is great for everyone

Whether you're a beginner, an expert or somewhere in between, we'll work with you to your own level.

\$15
per person

We have morning and early evening classes available. Please bring a towel, mats are provided.

One-on-One Matwork & Equipment Sessions

30 or 60 min sessions with a professional instructor. Bring a friend and share the cost!

30 mins
\$60

60 mins
\$90

Pilates with Friends

Private, focussed pilates classes for you and up to 3 friends over 8 weeks (one 1-hour session per week). Call for details.

8 weeks
\$360
per person

***bookings are essential
call today!***

**Get active,
call today!**

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