

Reviva Pilates & Fitness



Newsletter 02

New Term Dates



Wow! Where has the year gone so far!? We are now finishing our 2nd term of classes this year and I can't believe how fast it has gone! Seeing great results in flexibility, strength and stamina. Lots of feed back from the classes regarding how great people feel and no more back ache and such like – just what I love to hear! Lets keep it going!

The last class will be Beginners Pilates on the Thursday 3rd July. We will restart on Monday 21st July with Beginners Pilates at Gooseberry Hill Multi Use @ 7.30pm (no morning class.)

New Class Trial



Fridays @ 9am Gooseberry Hill Hall

Cost \$10

4 week trial so if you want this class – make sure you come!



New Time Table

Click on the link below to the for the new timetable. Please note a change of price structure to Pilates classes.

<http://revivapilates.weebly.com/class-times.html>

Bums, Bellies & Biceps Class Challenge.....

Get Fit For Summer Challenge!

Join us at this class which restarts on 22nd July where our focus will be – Get Fit for Summer Challenge. On our first week back we will complete a simple fitness test and 10 weeks later you will do the same and blast your results! Class price only \$10!



Health Check?

Want to know your weight, hydration, % Body fat, Visceral fat, muscle mass and METABOLIC AGE (the age your body thinks you are) ?? Want to make changes to these?



At the start and finish of the next 10 week term I'm offering this service at the BBB class on Tuesday. You will receive all recordings of these results along with your fitness test



Pilates Reformer

Super Special Offer!!!

3 x Reformer Sessions = \$100

Reformers are Pilates machines that use springs and pulleys to provide variable resistance to assist and challenge the body. The variable resistance with Reformer Pilates makes it unique and is why it's suitable for every level of ability. Reformer Pilates has countless benefits including:

- Long, lean overall body muscle tone
- Improved flexibility and postural correction
- Strengthen your core including pelvic floor focus
- Stand taller, sit straighter and move with better balance, coordination and body awareness
- Accelerated results

results and top tips to improve them in a hand out. This is available for anyone – not only for people attending the Bums Bellies and Biceps class. Join me at 10.15am on Tuesday 22nd July and also on Tuesday 23rd September for your before and after results.

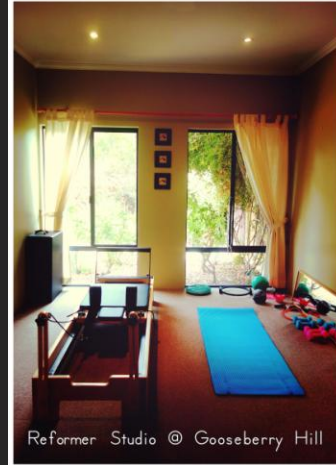
The cost is \$20 and this includes your before and after results, a hand out showing results and the healthy ranges you are aiming for and also tips to help you achieve them!

I'd like to thank all my lovely clients who attend the classes and also receive one to one. You are an awesome bunch who make my job a lot of fun and very satisfying with your hard work! Can't wait to see you back!

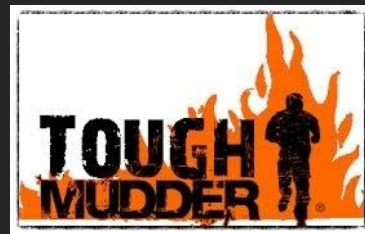
Happy Holidays!

Healthy regards,

Louise x



Gift Cards Available!



Join " Team Reviva" at Tough Mudder Perth!

Sunday 14th September 2014

20km with 18+ obstacles.

To sign up visit:

[http://toughmudder.com.au/
events/2014-perth-au](http://toughmudder.com.au/events/2014-perth-au)

Enter: Team Reviva, password: fitchicks



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