



In-Line Physio & Allied Health are launching their  
**'Regain your Pelvic Floor & Core Program'.**

Unique combination of Pilates, Yoga, Education and Nutritional Advice



Included in your package:

- Swiss Ball
- Scalp Massage
- Information Booklet
- 4 Individualised Sessions
- Home Exercise Program

**What:** 4 Week Program running monthly  
**When:** Tues Evenings or Thurs Mornings  
**Who:** Mums who've had a baby within the last 8 months (starting at 6 weeks post birth)  
**Where:** 6 Main Street, Samford  
**Duration:** 1 Hour  
**Cost:** \$160 for 4 classes (Health fund rebatable)  
**Book:** Call **3289 6122** for more information (*limited spaces*)

