

PILATES MATWORK

BASI PILATES® & PILATES FOR BUFF BONES®

Enquiries - Madonna 0438 324 237
pilatesessentials@gmail.com

FRIDAY 11AM

Lesleighs Yoga Rooms
Bernoth Ctr, 663 Ruthven Street
Toowoomba

TUESDAY 6PM

St Ursula's College Dance Room
18 Rome Street, Newtown

WEDNESDAY 11AM BUFF BONES®

Lesleigh's Yoga Rooms



Pilates is whole body & mind exercise integrating movement & breath awareness to build a healthy body with a strong, stable core. Flowing, precise exercise that releases tension, strengthens, tones muscles, increases flexibility, functional mobility & corrects posture.

Incorporate Pilates into your exercise program & you will soon see the difference it makes to your body shape, image, fitness, everyday movement habits & quality of life. Pilates works from the inside out!

*Madonna Teitzel is a
BASI Pilates® Matwork certified instructor,
Buff Bones® Licensed Instructor,
Pilates ITC Diploma student & PAA member.*



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