



BEND IT LIKE BEC

ACTIVE PRE-NATAL

**MAINTAIN CORE STRENGTH
STAY STRONG AND GROUNDED
CREATE BALANCE IN THE BODY
BUILD STRENGTH TO SUPPORT GROWING BELLY
RID THE BODY OF ACHES
FEEL LIGHTER
RELIEVE STRESS AND TENSION
CREATE ENERGY
CALM THE MIND
SLEEP BETTER**

TUESDAY & THURSDAY 7.00-8.00AM

**DROP IN \$20
6 CLASS PASS \$110
10 CLASS PASS \$180**

**STUDIO
LEVEL 1/114 VICTORIA RD
ROZELLE 2039**

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