ACTIVEHER TEENS

# GROUP PILATES CLASS

WITH KATE HOY

MONDAYS AT 4:30 PM

# ACTIVEHER TEENS

Is a 45-minute class is designed especially for **teenage girls**, helping them **build strength, improve posture, and foster body confidence** while reducing the risk of sports injuries.

Why Pilates is Perfect for Teens:

**Body Confidence:**

Promotes a healthy approach to movement and body image, focusing on what your body can do, not how it looks.

**Growing Bodies:**

Supports flexibility and mobility during growth spurts, easing tightness and improving coordination.

**For Young Athletes:**

Enhances control, balance, and strength to help prevent sports-related injuries.

**Mondays**: 4:30 PM
**Instructor**: Kate Hoy – 7 years of experience
**Where**: Sawtell Uniting Church, Elizabeth St
**Cost**: $20 (45-min session, paid directly to Hoys)
**Bookings**: (02) 6652 7355