



REFORMER PILATES IS HERE!

300+ self-guided reformer workouts.

**Train at your own pace with virtual guidance,
available outside of group fitness class times.**

Self-guided sessions let you train at your own pace with trusted virtual instruction. Perfect for members looking for more variety, Pilates enthusiasts, newcomers interested in low impact, high reward workouts and casual users who prefer flexible, drop in access.

Book by phone, email or in person.

Grip socks are required for hygiene and safety, and a towel is a must. Shoes are not permitted on the machines. Pilates Reformers are included with Full, Gym, SCR and Group Fitness memberships only.

**Included in
most fitness
memberships
or
\$25 casual visit for
non-members.**

 **Learn more:** leisureplex.karratha.wa.gov.au

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