

Stretch Balance Flexibility @ POND



Hello everyone,

Stretch & Balance classes are recommencing again on Monday 6 May 6.30 – 8 pm as usual.

I can make 9 weeks until I 'm off to Bali for work in July.

Cost remains \$30.00 casual class or, if you wish to pay in advance for the 9 week –block, it is \$ 250.00

Looking forward to seeing you there.

Astrid Diercks
Director
POND Massage Water Wellness

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