What's On.

Physio.Pilates.
Proactive.

OCTOBER

FREE EDUCATION SESSIONS

MON 19
12.15pm - 1pm

Join Belinda for our *Free* Education session

Changing the Narrative on Menopause

Explore menopause, common symptoms and how movement, strength and Pilates can support you through this stage of life.

WED 21
12.30pm - 1.15pm

Join Lynsey for our *Free* Education session

Is My Child Reaching Their Milestones?

Learn what's typical from 0–5 years, when to seek advice and simple ways to support your child's movement through play.

For parents & carers of 0–5 year olds

SAT 31
12.30pm - 1.15pm

Join Caitlin for our *Free* Education session

Postnatal Exercise and Breastfeeding

Practical advice on recovery, pelvic floor and core rehabilitation, and safely returning to exercise while caring for your baby.

SOCIAL EVENTS

FRI 30
5pm

Unwined at PPP

Join Rachel for a slower-paced Pilates class to release tension, improve mobility and unwind.

Stay after for a glass of wine and a little cheeky cheese.

NOVEMBER

FREE EDUCATION SESSIONS

MON 2
4pm - 4.45pm

Join Jake for our *Free* Education session

Preparing Young Athletes for the Season

Learn about common sporting injuries, injury prevention and smarter training, with fun practical drills to build strength, power and agility.

Aimed at 9–14 year olds

SPECIALTY CLASS

SUN 1
10.30am - 11.30am

Broadway Burn Collab

Broadway meets fitness!

Join cousins Joni Combe and Rachel Combe for a fun, high-energy dance workout featuring your favourite musical theatre hits. No dance experience needed!

Goodwood Community Centre

$23.50

NOVEMBER

SPECIALTY CLASS	**SAT 28** 12.30pm - 1.30pm Millennial Fit	**Move, groove & relive the soundtrack of your youth!** A fun, upbeat dance fitness class packed with the iconic hits of the 90s and 2000s. Think Britney, Kylie, Destiny's Child, S Club 7 and more! **No dance experience needed.** **$39**
WORKSHOP	**SAT 21** 12.30pm - 2pm Ageing Well Workshop	**Feel stronger. Move better. Live well for longer.** Join Briar Strutton, Senior Physiotherapist, for practical strategies to support strength, balance, mobility, bone health, brain health and independence as you age. Includes simple exercises to take home. **$49**
SOCIAL EVENTS	**FRI 27** 5pm Unwined at PPP	Join Rachel for a slower-paced Pilates class to release tension, improve mobility and unwind. Stay after for a glass of wine and a little cheeky cheese.

DECEMBER

FREE EDUCATION SESSIONS	**THU 3** 11.30pm - 12.15pm Join Kelly for our *Free* Education session	**Common Foot and Ankle Problems** Learn about common foot and ankle injuries and practical strategies to support recovery and a safe return to activity.
SOCIAL EVENTS	**THU 10** 5.30pm - 7.30pm PPP Christmas Celebration	**Celebrate the year with us!** Join the PPP team during Stirling Shopping Night for bubbles, door prizes, exclusive offers and plenty of Christmas cheer.
COMMUNITY	**1-12 DEC** 12 Days of Movement	**12 days. 12 ways to move, enjoy & belong.** Count down to Christmas with movement tips, fun challenges, giveaways, surprises and special offers as we celebrate our PPP community.

All bookings can be made through the Momence app.

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