

INTRODUCING CORE PILATES & MIND

Core Pilates & Mind is a boutique Pilates studio offering both mat work and reformer classes in a small group setting.

We are passionate about creating a supportive, community at our studio....and we are so excited to meet you!

*"What a fantastic Pilates studio!
This place is beautifully set up with
so many classes available. Really
welcoming, handy parking at
Northwood super centre and close
to a coffee shop! See you at Core!"*



p: +6427 500 7095
e: jodikoster@corepilatesandmind.com
w: corepilatesandmind.com



Book your Trial!

THE ULTIMATE TRANSFORMATION 2 WEEK TRIAL

\$51.00

SAVE 50%!

WHATS INCLUDED IN MY 2 WEEKS?

- Introductory session
- 3 Reformer Classes per week
- Unlimited Mat Pilates Classes
- Unlimited Yoga Classes
- Unlimited Barre Classes