



SOCIAL 13/26
DATED 23 JULY 2026

Reformer Pilates Experience Class for the Penang Bar

CONNECTING THE BAR, SUPPORTING OUR OWN

CURIOUS ABOUT REFORMER PILATES? JOIN THIS BEGINNER-FRIENDLY EXPERIENCE CLASS AND DISCOVER HOW THIS LOW-IMPACT, FULL BODY WORKOUT CAN HELP IMPROVE YOUR STRENGTH, FLEXIBILITY, BALANCE AND POSTURE. NO PRIOR EXPERIENCE IS NEEDED, JUST COME AS YOU ARE AND TAKE THE FIRST STEP TOWARDS MOVING WITH CONFIDENCE.



FRIDAY, 7TH AUGUST 2026



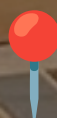
CHOOSE FROM 1 OF 2 SESSIONS:

1ST SESSION: 6PM-7PM

2ND SESSION: 7PM – 8PM

[PLEASE ARRIVE 10 MINUTES EARLY TO GET YOUR CARRIAGE SET UP IN TIME]
[MAX 10 PAX PER CLASS]

★ PLEASE BRING: WATER & GRIP SOCKS
(COMPULSORY) FOR SAFETY AND STABILITY



PILATES COLLECTIVE – PULAU TIKUS

NO. 441-G1 PULAU TIKUS PLAZA,
JALAN BURMA, PENANG

 **MEMBERS OF THE BAR & PUPILS: RM50 PER PAX**

 **NON-MEMBERS: RM60 PER PAX**

CLICK HERE TO REGISTER
[REGISTRATION CLOSSES AT 3PM ON 31/7/2026]

ISSUED BY:
JO-ANNE LESLIE DE VRIES
CHAIRMAN
SOCIAL AND MEMBERS WELFARE SUBCOMMITTEE