



# RangeCare®

BLACKALL RANGE CARE GROUP LTD



## BUFF BONES PILATES

Keeping you mentally and physically fit so that you can live your BEST life!

## BOOST YOUR HEALTH AND FEEL MORE CONFIDENT

Buff Bones is a medically endorsed, full body exercise system for bone and joint health that integrates Pilates. Pilates exercises can help with weakened bones by increasing bone density.



- Strength Training
- Balance Techniques
- Bone Strengthening Technique
- Support bone density
- Classes weekly at Mapleton Hall

To find out more, contact our Lifestyle Coordinator, Hayley on 07 5445 7044



07 5445 7044

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