

the health hub

What's on in March



Visit [our website](#) or [Thrive events](#)

STRONG AND SCULPTED PILATES CHALLENGE

(3–28 March)

Ready to transform your body and mind? Join the **Strong and sculpted Pilates challenge**—a 4-week journey to tone, strengthen, and feel your best. Guided by CBHS Health Hub experts, you'll build strength, improve flexibility, and unlock your full potential. Whether you're new to Pilates or levelling up, this challenge will help improve your form and foster mind-body awareness. Let's do this together!

[CLICK HERE TO REGISTER](#)

Click on the links to download your invites

(Times are in AET)

THE SCIENCE OF PILATES (30min)

Discover the evidence-based benefits of Pilates for strength, flexibility, and wellbeing. Find out how Pilates enhances core stability, posture, and movement efficiency, supported by the latest research.

Date and time

[Mon 3rd 11.30am](#)

[Thurs 13th 2pm](#)

POWER OF PROTEIN (30min)

Protein is not just a buzzword for gym-goers — it's the foundation of health, longevity, and performance. Learn how protein powers your body, supports your wellbeing, and boosts productivity, both in and out of the workplace.

Date and time

[Thurs 6th 11am](#)

[Mon 17th 2pm](#)

PRE & POSTNATAL PILATES (30min)

Learn how Pilates can support health and wellbeing during pregnancy by improving strength, posture, and pelvic floor function. This webinar provides safe and effective strategies to help expectant mothers move with confidence and prepare for birth.

Date and time

[Wed 12th 10.30am](#)

[Wed 19th 3pm](#)

INDIVIDUAL CONSULTS

Body composition scan (20min)

Nutrition consultation (30min)

Functional movement screening (20min)

BOOK HERE

COOKING DEMOS (15min)

Wednesday 11.30am

5th – [Mushroom tacos with Bec](#)

12th – [Rolled turkey breast with Meg](#)

19th – [High-protein veggie egg cups with Ruby](#)

26th – [Spiced mushroom sweet potatoes with Chantal](#)

Fitness & meditation	Monday	Tuesday	Wednesday	Thursday	Friday
8.30-8.40am	Meditation		Meditation		Meditation
9-9.10am		Meditation		Meditation	
10-10.10am	Standing Pilates*	Office Pilates*	Office Pilates*	Mat Pilates	Pilates plus
11.30-11.40am		Meditation		Meditation	
12-12.30pm	Strong body	Core blaster	Pilates Foundations*	Core blaster	Power Pilates
2-2.15pm		Breathwork	Meditation		
3-3.15pm	Core blaster	Barre Pilates	Wall Pilates*	Yoga	Stretch and reset*

*Low intensity

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