

What's on in **May**

Join our **Pilates Align & balance** challenge, designed for both body and mind.

Whether you're a beginner or more experienced, you'll learn techniques to boost your core strength, and improve your flexibility, posture and balance.

[Register here](#)

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

Click on the links to download your invites

Core foundations (10min)

Strong core muscles support posture, back health and efficient movement. Join Dimity and Belle for this practical session where we focus on developing core strength and foundational stability.

Date and time

[Monday 4 May 10:30am \(AET\) / 8:30am \(AWST\)](#)

10min with Chloe: Role of nutrition in nervous system regulation (10min)

Find out how nutrition can be used as a supportive tool to help regulate the nervous system and bring the body back into balance.

Date and time

[Wednesday 6 May 4pm \(AET\) / 2pm \(AWST\)](#)

[Thursday 28 May 10:30am \(AET\) / 8:30am \(AWST\)](#)

INDIVIDUAL CONSULTS

Nutrition consults (30min)

[BOOK HERE](#)

Syd/Melb only:

Body composition scan (15min)

Bone density scan (20min)

Functional movement screening (20min)

[BOOK HERE](#)

Perth only:

Metabolic testing (20min)

[BOOK HERE](#)

Flexibility foundations (10min)

Improving flexibility helps reduce stiffness, support better posture, and improve movement quality. Join Ruby and Tyler for this practical session where we focus on exercises to enhance mobility and improve movement foundations.

Date and time

[Friday 15 May 1:30pm \(AET\) / 11:30am \(AWST\)](#)

Busted: Nutrition myths exposed (20min)

There is so much conflicting nutrition information, sometimes it's hard to know what to believe. We're going to unpack the claims, explain the science behind them and what it really means for your health.

Date and time

[Tuesday 5 May 10:30am \(AET\) / 8:30am \(AWST\)](#)

[Monday 18 May 1:30pm \(AET\) / 11:30am \(AWST\)](#)

IN THE KITCHEN SERIES (15min)

11:30am (AET) / 9:30am (AWST)

4 May – [Pre and probiotics: What you need to know](#)

11 May – [Anti-inflammatory foods](#)

18 May – [The truth about the Yuka app](#)

26 May – [Grab & go: supermarket options](#)

Fitness classes & meditations (Times in AET)	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 8:40am	Meditation		Meditation		Meditation
9 – 9:10am		Meditation		Meditation	
10 – 10:10am	Pilates series of five	HIIT Pilates	Standing Pilates*	Barre Pilates*	Improve your FMS score*
11:30 – 11:40am		10min reset		10min reset	
12 – 12:30pm	Pilates foundations*	Strength	Mat Pilates	Strong core	Strong Pilates

*Low intensity

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