

# Pilates Timetable

## Pilates

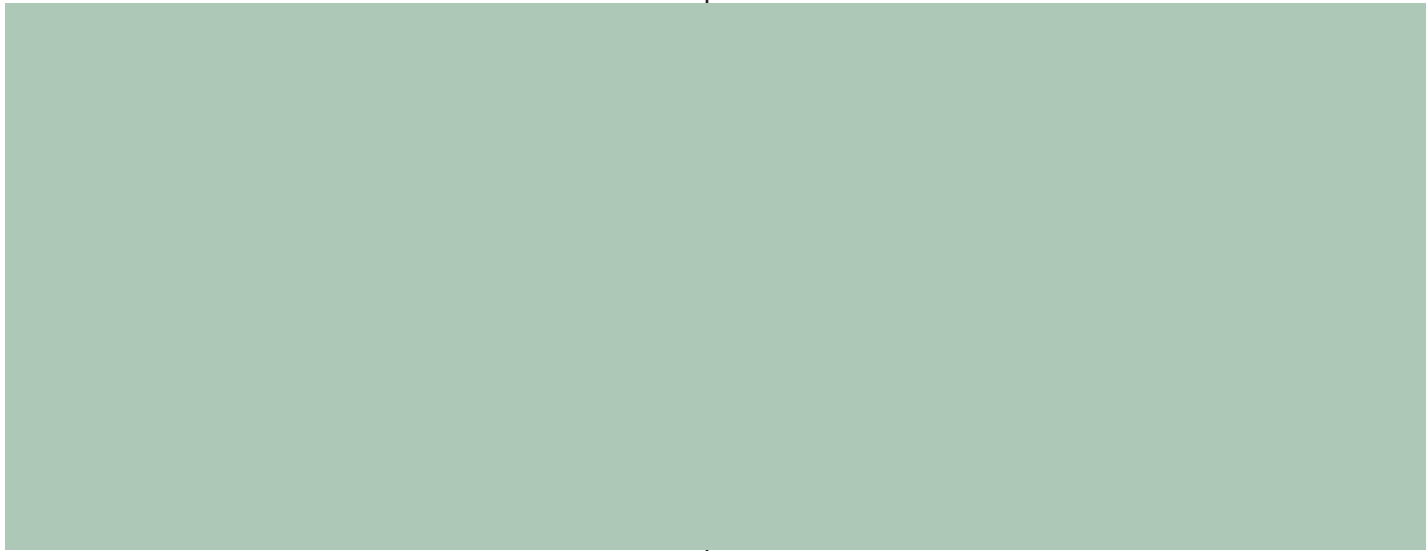
All of our individual and group pilates sessions are conducted by highly experienced physiotherapists. All of whom have a minimum of 20 years experience. Clients can progress from individual treatment and management of acute pain, through to strengthening and return to usual activities. Our therapists are always on hand to make adjustments to your exercises and cater for your individual needs, with a professional understanding of your problem.

Pilates is suitable for ;

- Core weakness and starting an exercise programme
- Recovering from injury
- Managing back or neck pain
- Advanced core strengthening
- Pregnancy and after delivery
- Part of a chronic disease management plan (EPC)
- Posture
- Flexibility
- General exercise

Pilates is claimable on your private health insurance extras under your Physiotherapy benefits and we can process your HICAPS claim on the spot.

## PILATES TIMETABLE



# Prices

SEE PRICE SCHEDULE INCLUDED IN DESIGN PACK

OPEN

Mon-Saturday

# MAP

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