

REHABILITATE – REGENERATE – REVITALISE

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Clinical Pilates Timetable – Course 2

Day/Dates	Start Time	Type of Class
Monday (03.05.10 – 28.06.10) 8 week course	4pm	Teen Pilates Equipment
	5pm	Beginners Pilates Mat Class
	6.30pm	Pilates Equipment
Tuesday (27.04.10 – 29.06.10) 10 week course	1pm	Pilates Equipment
	5.30pm	Pilates Mat
	6.30pm	Pilates Mat
Wednesday (28.04.10 – 30.06.10) 10 week course	9am	Pilates Mat
	4pm	Teen Pilates Equipment
	5.30pm	Pilates Equipment
	6.30pm	Pilates Equipment
Thursday (29.04.10 – 01.07.10) 10 week course	9am	Pilates Mat
	5.30pm	Pilates Mat
	6.30pm	Pilates Mat
Friday (30.04.10 – 02.07.10) 10 week course	9am	Pilates Mat
	4pm	Teen Pilates Equipment
Saturday (01.05.10 – 03.07.10) 10 week course	9am	Pilates Equipment Class

Class dates and times may be subject to change

Clinical Pilates – *benefits include:*

- Improves flexibility & movement
- Overall body toning
- Reduces postural pain
- Reduces lower back and pelvic pain
- Helps reduce stress
- Develops strength in core muscles
- Better control over breathing
- Helps reduce Musculoskeletal pain or injury
- Post surgical strengthening (lower back, sacroiliac joint, hip shoulder and neck)
- Once you have mastered the techniques the exercises can be performed in the comfort of your own home
- Suitable for all ages and abilities

Checklist:	✓
<p>Before Starting Clinical Pilates</p> <p>If you are a New Member to our Pilates classes our Physiotherapists may request that you attend a 40min individual assessment prior to commencing your chosen class. The Physiotherapist will assess your medical history, demonstrate & teach the Pilates techniques developed by Josef Pilates. (The cost of the 40min assessment is \$75. The assessment and cost can be shared with a friend, health fund rebates apply)</p> <p>Please note that certain exercises can aggravate medical conditions. If required/necessary exercises may be tailored to suit your individual needs</p>	
<p>Payment</p> <p>Payment is required in full prior to course commencement to secure your booking at which time a 10% discount will apply.</p> <p style="text-align: center;">We are able to process credit card payments over the phone</p>	
<p>Health fund rebates</p> <p>All classes are taught by a Physiotherapist, this means you may be entitled to health fund rebate depending upon your level of cover.</p> <p>Please claim the rebate direct from your provider upon completion of the course</p>	
<p>Class sizes are limited. Please book early to avoid disappointment</p>	
<p>Attending the class</p> <p>We recommend that for your comfort you should bring your PILATES MAT, pillow, towel & a drink to each class – <i>remember to wear your socks</i></p> <p>(Mats, Rollers, Pilates Circles, Franklin Balls, Over Balls & Fit Balls can be purchased from the Centre)</p>	