

REHABILITATE – REGENERATE – REVITALISE

Clinical Pilates

Introductory Offer

The Team at Brighton Beach firmly believes in the benefits that can be gained from using the principals developed by Josef Pilates.

The benefits of exercising regularly with Clinical Pilates include:

- ❖ Improves flexibility & movement
- ❖ Overall body toning
- ❖ Reduces postural pain
- ❖ Reduces lower back & pelvic pain
- ❖ Better control of breathing
- ❖ Develops strength in core muscles

Our Physiotherapists recommend that you attend a **40** min individual assessment prior to joining a Clinical Pilates Course. The Physiotherapist will assess your medical history, demonstrate & teach the Pilates principals developed by Josef Pilates. Certain exercises may aggravate medical conditions. If necessary exercises will be tailored to suit your individual needs.

Introductory Offer \$90 includes:

(normal price \$120)

- ❖ ***40 min individual assessment***
- ❖ ***10mm Pilates Mat***
- ❖ ***Brighton Beach Gym Bag***
- ❖ ***Information Pack includes home exercise program***

Class sizes are limited. Book early to avoid disappointment

Health fund rebates apply

Please consult your GP prior to starting exercise classes if you have any pre existing medical conditions.

Conditions apply – Not to be used in conjunction with any other offer