



We love to see a body in balance!

Our Pilates team works in a safe environment. Classes are small so we can give 1 on 1 attention. There is always a physiotherapist on site. Participants must have a physiotherapy assessment first in order for us to structure the classes around the individuals involved. Exercises can be modified for most injuries/weaknesses.

	MON	TUES	WED	THURS	FRI
9am		Level A	Level B		Yoga
10am	Level B	Level A		Level A	
11am			Post Natal		
6pm	Pre Natal		Level C	Level C	

- Level A:** Core, Balance and Posture Rehab for seniors
- Level B:** Core, Balance and Posture Rehab for Back/Neck and Muscle/Joint related conditions
- Level C:** Mat work with an emphasis on core stability and postural conditions. These classes are run in 6 week blocks.
- Yoga:** Physiotherapist run gentle yoga classes to enhance your movement and rehabilitation

*Classes - \$45 / Pensioner - \$37 – / Yoga \$37 / Health fund rebates apply
 6 Week Pass (max 2 morning classes/week) - \$260
 6 Week Block – Wed/ Thurs evenings - \$250*