

## Clinical Pilates with a Physiotherapist

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- Our staff have undergone specific training to prescribe a Pilates programme to improve your core strength and muscle control.

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- Pilates is a body conditioning program which focuses on developing controlled and balanced movement. Pilates exercises teach the body to work from a stable low back and pelvis region, allowing you to move with greater efficiency and with overall improved body mechanics. Our physiotherapists can provide safe and effective exercise programmes to assist with the management and prevention of low back pain and other spinal conditions. What can I expect from Clinical Pilates?

- Improvements in core stability to help manage and prevent low back and neck pain
- Enhanced body postural control and flexibility
- Better control of movement and body awareness
- The ability to exercise the body without risk of re-injury or pain
- Muscle toning and strengthening What we offer
- Individual and Small group matwork classes Individualised reformer based programmes.
- Please ring to enquire about class times and costs, or spoil yourself with a one on one session.
- Check with your health fund regarding cover, as most funds will cover these separately to your usual physio cover.

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### PILATES CLASS information

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- Mondays 6.30pm and 7.30pm @ Pennant Hills
- Wednesdays 6pm and 7pm @ Baulkham Hills
- Thursdays 9am @ Baulkham Hills
- Cost - \$180 per 10 week block, or \$20 casual, health fund rebates available Call to book in now.

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