



*Active
Physiotherapy
Mackay*

Clinical Pilates

CLINICAL PILATES TIMES - GROUP (Max. 7)

TUESDAY	7:30am - 8:15am
WEDNESDAY	12:30pm - 1:15pm
SATURDAY	8:00am - 8:45am

PILATES PRICES

\$36.00 per Casual Class Pass

\$285.00 for a 10 Class Pass*
*3 month expiry on 10 Pack

Health Fund rebates apply*

(subject to individual private health
policy conditions)

PREGNANCY PILATES TIMES - GROUP (Max. 7)

SATURDAY	9:00am - 9:45am
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DANCE AND TEENS PILATES

Please register your interest
at reception

Pilates is a tried and tested form of exercises that has been helping people for over a century.

The original form has been modified as more research has emerged. It is designed to improve 'function' or ease of everyday activities, via increasing strength, flexibility, endurance and co-ordination. Many people also find the movements calming and a healthy addiction!

An unstable 'core' (lower back, abdominals and pelvis muscles) contributes to an increased incidence of injuries. In particular, lower back pain has been associated with poor control and endurance of trunk muscles. Clinical Pilates is delivered by a qualified physiotherapist who is able to tailor the routines to your present condition and future goals.

The conditions assisted by Clinical Pilates include:

- Back and neck pain
- High performance sports people wanting 'the edge' over competitors
- Anyone generally wanting a safe, fun and reliable form of exercise!
- Postnatal weakness, or prevention of such during a pregnancy, to assist with an easier delivery and recovery from birth
- Hip and shoulder weakness / impingement
- Deconditioned people after an injury
- Poor posture
- Pelvic floor safe exercise for people with prolapse or weakness

Our classes teach mat work (which is versatile, can practice at home) and resistance band exercises. Our program is structured, with all class participants required to be assessed by one of our physiotherapists.

The cost of this physio assessment is \$99 for 45minutes. Instant health fund rebates apply, the rebated amount depends on the level of your private health cover insurance.

After 1 individual session (unless the physio specifically thinks you need further instruction) you will be able to participate in our group sessions. Class sizes are kept to a maximum of 7 participants.

A rebate may be available depending on your health fund. We keep our classes small to ensure you continue to receive individual assistance and leadership for sound technique observation.

We recommend attendance twice per week to allow progress towards your personal goals.

Please wear clothing that is comfortable and allows movement (stretch pants/shorts, fitted T-shirt etc).

Please also bring a towel and drink bottle. We look forward to seeing you at Pilates.

3/43 Gregory Street, Mackay Q 4740

Phone: 07 4953 3557



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www.activephysiomackay.com.au