

CLINICAL PILATES



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WHAT IS CLINICAL PILATES?

Pilates is a method of exercise that is based on the key elements of mindful movement, core stability and muscular endurance. Clinical Pilates is specific to each individual, their goals, pathology or injury, prior fitness levels, and body biomechanics, and is delivered by a Physiotherapist trained in Clinical Pilates.

WHO MAY BENEFIT

Types of clients that commonly participate in our Clinical Pilates program include:

Those with an injury or chronic pain

Back and Neck pain

Athletes and Dancers

Pre & Post Natal Women

Older Adults

Those wanting to improve body biomechanics


Those looking for Muscular Tone, Improved Fitness, Strength and Postural Endurance

HOW TO GET STARTED

Participants require a one-hour initial assessment, followed by a 30 min subsequent appointment to refine an individualised program.

From here, participants may join our small group classes (45min), or continue 30min private sessions. Please refer to our website or speak to the reception staff for further information on class times, membership options and pricing.

CONTACT US

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