**Clinical Pilates**

*Clinical pilates* is a form of exercise devised by physiotherapists which involves core strengthening and stretching of muscle groups to address areas of weakness or increased tension. As physiotherapists we are trained to rehabilitate specific injuries or work towards your individual goals. For many people without injury *clinical pilates* is an enjoyable form of exercise which they can do without impact through the joints and without risk of injury.

*Clinical pilates* is suitable for anyone in any age group. It can benefit people with back or neck pain, pre and post pregnancy, the older population who want strengthening without impact through their joints, for sporting or workplace injury rehabilitation, for improvement of sporting technique, or just for those who want to tone up.

Our current *clinical pilates* timetable is:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tues** | **Wed** | **Thur** | **Fri** | **Sat** | **Sun** |
| **8am** |  |  |  |  |  |  |  |
| **9am** |  |  |  |  |  |  |  |
| **10am** |  |  |  |  |  |  |  |
| **11am** |  |  |  |  |  |  |  |
| **12pm** |  |  |  |  |  |  |  |
| **1pm** |  |  |  |  |  |  |  |
| **2pm** |  |  |  |  |  |  |  |
| **3pm** |  |  |  |  |  |  |  |
| **4pm** |  |  |  |  |  |  |  |
| **5pm** |  |  |  |  |  |  |  |
| **6pm** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  | **Clinical Pilates 1:4 Class** | |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  | **Pilates Mat Class** | |  |  |  |

As *clinical pilates* is run by a physiotherapist it is also claimable against private health funds.

***CENTRE COPY***

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