



Pilates

Help improve your flexibility, strength, balance and body awareness.

Learn correct techniques and posture.

Learn how to activate different muscles for different movements.

Understand how to breathe to help with exercise and relaxation.

Small class environment for individual attention.

Theraband and pilates circles used.

Class led by a physiotherapist who has further qualifications in clinical pilates, pre and post natal pilates and Yoga for healthy ageing.

Initial consultations are available.

Classes commence on a Wednesday afternoon for a 10 week term.

Cost for 10 weeks is \$280.

Your Pilates class may be claimable under your private health insurance extras cover. **Please check your eligibility.**

Call 9847 5015 for more information or to make an appointment.

This is an Outpatient service with Ramsay Professional Services located at Mt Wilga Private Hospital.

Mt Wilga Private Hospital

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**Mt Wilga
Private Hospital**

Part of Ramsay Health Care