



# Physio Pilates at Mt Wilga

**A combination of Pilates-informed and traditional Physiotherapy exercises suitable for a variety of ages and conditions**

Improve your posture and flexibility through better body awareness

Understand how to breathe to help with exercise and relaxation

Learn how to move your body the way it was designed to move!

Suitable for musculoskeletal conditions, pre and post surgery, pre and post natal and those looking to improve their strength, core stability, flexibility or prevent injury.

- Cost - 10 week term \$300

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

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