



PRE AND POST
NATAL
CLINICAL PILATES



Mums and Bubs Class
12pm Wednesdays, 10am Thursdays

What is Clinical Pilates?

Clinical Pilates is a functional exercise program designed by physiotherapists based on the work of Joseph Pilates to enhance performance and prevent injury.

How will it help me?

During and after pregnancy the body changes and so do the demands you place on it. Clinical Pilates is a safe way to strengthen the whole body, with a strong focus on the core abdominals and pelvic floor.

Why choose CPC Health?

At CPC Health, all clients begin with a 1:1 assessment with our Physiotherapist/Pilates instructors, Hannah, Millie or Tash. This involves a thorough, head to toe assessment of your strength and flexibility, including real time ultrasound assessment of pelvic floor and core abdominal activation. Clinical Pilates classes at CPC Health use a combination of Matwork, Reformer and Trapeze exercises. The classes have a maximum of four people, are very closely supervised, with all clients completing their own, individualised program.

Call us on 9583 4000 to make a booking



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