



## CLINICAL PILATES



- Recovery from injury
- Injury prevention
- Lower back pain
- Postural retraining
- Pre- and Post-natal exercise
- Reduced balance or confidence
- General fitness
- Sport specific training

### **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?**

Clinical Pilates aims to strengthen the central core by challenging your stability using a series of different exercises. From this stable base, the entire body can be strengthened safely and effectively. When combined with correct postural control, Clinical Pilates will improve functional patterns of movement.

### **Why choose CPC Health?**

At CPC Health, all clients begin with a 1:1 assessment with our Physiotherapist/Pilates instructors, Hannah or Millie, where functional strengths and weaknesses are identified. Clinical Pilates classes at CPC 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



## CLINICAL PILATES CLASS TIMES

Class Duration 50 Minutes

<b>MON</b>	10AM Hannah	11AM Hannah	12PM Hannah				6PM Hannah	
<b>TUES</b>	9AM Millie	11AM Millie	12PM Millie	2PM Tash	4PM Tash	5:30PM Tash	6:30PM Tash	7:30PM Tash
<b>WED</b>	10AM Tash	11AM Tash	12PM Tash	2PM Hannah		5:30PM Hannah	6:30PM Hannah	
<b>THURS</b>	8AM Tash	9AM Tash	12PM Millie	2PM Millie		5:30PM Hannah	6:30PM Hannah	
<b>FRI</b>	6AM Hannah	11AM Hannah						
<b>SAT</b>	8AM Millie/Hannah	9AM Millie/Hannah	10AM Millie/Hannah					



CLINICAL PILATES



SPECIAL WINTER OFFER

BOOK YOUR INITIAL PILATES ASSESSMENT BY THE  
END OF AUGUST AND RECEIVE A **FREE** HALF HOUR  
MYOTHERAPY APPOINTMENT

Call us on 9583 4000 to make a booking  
1301 Nepean Highway  
Cheltenham, 3192  
[cpchealth.com.au](http://cpchealth.com.au)

OFFER EXPIRES 31.08.2016



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<b>WED</b>	10AM Tash	11AM Tash	12PM Tash	2PM Hannah		5:30PM Hannah	6:30PM Hannah	
<b>THURS</b>	8AM Tash	9AM Tash	12PM Millie	2PM Millie		5:30PM Hannah	6:30PM Hannah	
<b>FRI</b>	6AM Hannah	11AM Hannah						
<b>SAT</b>	8AM Millie/Hannah	9AM Millie/Hannah	10AM Millie/Hannah					



PRE AND POST  
NATAL  
CLINICAL PILATES



Mums and Bubs Class  
12pm Wednesdays, 10am Thursdays

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