

PILATES

classes now at:



PhysioFit

Berwick

197 High Street

Berwick 3806

Phone: 9707 4452

Thursday evenings

Saturday mornings

\$26 per group session with qualified physiotherapist Jess

** Prior to group sessions all clients must attend an initial individual assessment to be shown the correct techniques and use of equipment, and to address individual needs. Some people will require several individual sessions to fully grasp the techniques involved.*

** Standard consultation fees apply for individual sessions, with reduced fees for pension and health concession card holders*



Pilates Reformer

Pilates exercises will promote:

- *A keen awareness of breathing*
- *Strengthening of the deep torso muscles important for managing and preventing back pain, and*
- *Good posture and alignment of the spine*

Pilates is considered very effective in the rehabilitation and management of back injuries and treatment of chronic back pain.

Pilates can involve exercise mat work as well as machine-based work, and is also thought to be a good way to maintain general fitness.

Any core strengthening Pilates program must be designed and overseen by a trained instructor. Improper or unsupervised use of the Pilates method may result in poor patterns of movement that has the potential to result in (further) injury.

*****IMPORTANT INFORMATION*****

- * Please wear comfortable exercise clothing and socks, and warm clothes if it is a cool day*
- * Also bring a towel and water bottle*
- * Mats and equipment are provided*

What is Pilates:

The Pilates method is a mind-body technique that emphasises the importance of beginning movement from a central core of stability, through the lumbo-pelvic region. The general philosophy is that injuries are caused by muscle imbalances or misalignments in the body and abnormal habitual patterns of movement. Therefore, by concentrating on the precision of movement, awareness of breathing, and the continued flow of movement, the body can be re-educated and the abnormal movement patterns replaced by correct patterns.

The modern spring loaded Pilates equipment (including the reformer) works specifically to develop the core postural muscles which we use every day to keep our bodies balanced and to support the spine. The mat work uses a combination of 34 strength, mobility and stretching pilates exercises that maintain a central core of stability through the lumbo-pelvic region. Machine-based Pilates uses spring loaded resistance to assist with



Floor Classes