

Exercise Rehabilitation Classes

Studio:

Our studio sessions utilise traditional clinical Pilates equipment including reformers and the trapeze table. Our focus is on improving your stability utilising low to moderate resistance with a goal oriented and individualised program.

We recommend these sessions for people recovering from an episode of pain, especially lower back pain and anyone struggling with chronic pain. Additionally, if you are trying to make significant improvements across multiple areas of pain or injury these sessions are a great way to focus on the whole body.

Our studio sessions are perfect for those who find it challenging to exercise due to pain, including those with fibromyalgia and hypermobility.

A home program will be developed to increase the benefits gained in session.

Duration: 1 hour

Group size: 3 participants

Cost: \$60

Code: 560 (HBF 505)

Assessment: \$145 (45-60mins)



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	<i>8am Studio*</i> <i>Kate</i>			
<i>9:30am Studio*</i> <i>Iris</i>	<i>9am Studio</i> <i>Kate</i>		<i>9:30am Studio</i> <i>Iris</i>	<i>9am Studio</i> <i>Bryony</i>
	<i>10am Studio*</i> <i>Kate</i>		<i>10:30am Studio*</i> <i>Iris</i>	
<i>11am Studio</i> <i>Kate</i>		<i>11am Studio</i> <i>Kate</i>		
		<i>12pm Studio</i> <i>Kate</i>		
<i>5:30pm Studio</i> <i>Kate</i>		<i>5:30pm Studio</i> <i>Bryony</i>	<i>5:30pm Studio</i> <i>Kate</i>	