

CLINICAL PILATES CLASSES



- Instructed by Australian Physiotherapy & Pilates Institute certified physiotherapist Digby Neild
- Improve core strength, posture, balance, flexibility, body awareness and strength
- Small class sizes for optimal supervision and individual feedback throughout the class
- Classes run in six week blocks on Tuesday and Thursday afternoons
- Initial private assessment required prior to commencing classes to teach correct core activation, clinical Pilates key elements and prescribe a home program to supplement the class
- Redeemable on private health fund extras
- **Bookings essential PH: 02 6792 4085**



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