

About Pilates

Performed properly, Pilates is the perfect workout. It is a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph H. Pilates. It creates a better posture and improves tone, strength, flexibility and balance. It is most important that Pilates is performed correctly in order for you to achieve its full benefits.



Pilates focuses on the principle of **Core Control** which means strengthening the “powerhouse,” the abdomen, lower back, and buttocks, allowing the rest of the body to be properly supported and move freely.

The benefits of Pilates include:



- ✓ Improved flexibility.
- ✓ Increased strength
- ✓ Balanced muscular strength on both sides of the body.
- ✓ Enhanced muscular control of the back and limbs.
- ✓ Improved stabilisation of the spine.
- ✓ Greater awareness of posture.
- ✓ Improved physical coordination and balance.
- ✓ Relaxation of the shoulders, neck and upper back.
- ✓ Safe rehabilitation of joint and spinal injuries.
- ✓ Prevention of musculoskeletal injuries.

Why choose us?

At Bounce Physio we are experienced in providing training for all levels, and teaching each exercise safely, accurately, and effectively. Our physiotherapy environment means that all instructors have exceptional injury awareness to compliment their expertise in movement analysis.

- ❖ Small class sizes
- ❖ Supervision, feedback, and technique correction given to ensure successful results
- ❖ Ideal for general toning AND injury management and rehabilitation.



"In 10 sessions you will feel the difference, in 20 sessions you will see the difference and in 30 sessions you will have a new body" -

Joseph Pilates



How do I start?

Reformer and Mat classes are held in the Practice. Individual Pilates mats are provided for each session. We encourage class members to bring their own fit/Swiss balls to class to be used in conjunction with mat work.

Due to the Pilates emphasis on 'quality and control of movement' each student is to have an Orientation with one of the Practice Physiotherapists followed by 2 one on one sessions prior to commencing classes. A correct understanding of the stability techniques used with Pilates is essential for great results. Your physiotherapist will determine with you whether you require any one-on-one sessions prior to joining the class.

Pricelist

Sessions with Physiotherapist			
Note: Health fund rebates apply	Physiotherapist (Level 1)	Physiotherapist (Level 2)	Physiotherapist (Senior)
Pilates Orientation Prerequisite for classes (60 mins)	\$95.50	\$105.50	\$108.50
1-on-1 session with Physiotherapist (30mins)	\$85.50	\$95.50	\$98.50
Classes			
Mat packs	6 week pack	\$132	
	12 week pack	\$240	
Reformer Packs	6 week pack	\$225	
	12 week pack	\$420	

Timetable

MAT CLASSES (45-50mins)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am	9am			8am	8:30am
		10am	10am	10am	9:30am
6pm	6pm				
7pm					
REFORMER CLASSES (45-50mins)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9am	8am	7am	
10am	11am		11am	9am	
	7pm	5.30pm			

What to Bring

- ❖ Towel
- ❖ Water bottle
- ❖ Socks
- ❖ A good attitude – for exercise and fun!