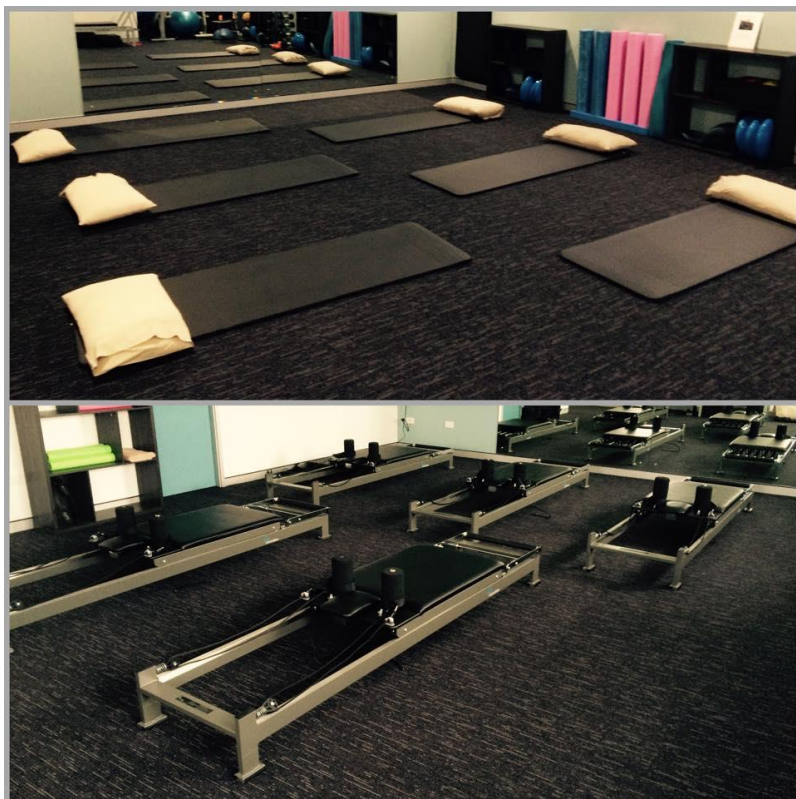


CORE STABILITY



CLINICAL PHYSIOTHERAPY GROUP CLASSES

Our Clinical Physiotherapy Group Classes are exercise classes involving the application and modification of the Pilates approach combined with Physiotherapy evidence based exercise prescription for injury rehabilitation and prevention through the development of core stability. The main focus of CPG is on the **activation of the deep core muscles** to **stabilise your spine** while also moving your limbs. We are able to alter the difficulty of these exercises by changing your body position or adding weights, resistance bands, balls or using the Reformers and changing the spring resistance. We do this in order to appropriately prescribe the level of exercise for each individual's needs.

Private health holders may receive a rebate depending on your cover.



Small group sizes

**Matwork &
Reformer sessions
Monday - Saturday**

**Conducted by
Physiotherapist**

**Pre-CPG
assessment prior
to attending**

\$30 per session

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