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| CORE STABILITY |
| Clinical pilatesClinical Pilates involves application and modification of the Pilates approach for injury rehabilitation and prevention through the development of core stability. Pilates main focus in 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 and adding weights, resistance bands, balls or machines.  Private health holders may receive a rebate depending on your cover.  |
| Logo Red & Blue.jpg |

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| Limited to 8 people per classMatwork Classes Monday - FridayConducted by Physiotherapist Pre-Pilates assessment prior to attending classes$31 per class |
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| physioactive8 Roderick StreetIpswich QLD 4305Ph: 3281 8876www.physioactive.com.au |

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