

CLINICAL PILATES

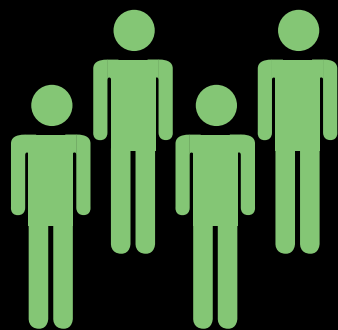
WHAT IS CLINICAL PILATES?

A type of exercise that focuses on posture, core stability, balance, control, strength, flexibility, and breathing. These sessions are led by fully-qualified physiotherapist or osteopath who often provide individual treatment programs.

PRICE LIST

ONE-ON-ONE

\$85



GROUP CLASSES

(MAX 4 PPL)

\$45*

**10 GROUP
SESSION BUNDLE**

~~**\$450**~~ **\$400**



*Group class prices may vary depending on your current private health insurance fee schedule.

BOOK NOW!



1300 581 625
