



QPilates

CLINICAL PILATES

Clinical Pilates blends the traditional Pilates method with Physiotherapy rehabilitative exercise therapy. Following a full Physiotherapy assessment, an individualised, fully-tailored Pilates program is developed and applied by the Physio to help you improve postural control, optimise motor patterning and address areas of weakness, tightness and instability. Programs incorporate mat-based exercises and equipment such as the Wunda Chair, Reformer, Cadillac, Barrel Ladder and Spine Corrector.

Taken by Physiotherapist

Health Fund Rebates Yes (code: 560)

Price 48.00 (opening special)

Duration 60 mins

Class size Up to 6

Format Clients follow an individual program

Ideal for clients requiring specific and individualised programs, pregnant and post-partum, post surgical, sport-specific conditioning for athletes and dancers

Not suitable for N/A

Pre requisites 1 hour initial consultation and 1:1 private sessions

BODYTONE PILATES

Bodytone Pilates is a fun, fast-paced and high-level reformer workout, programmed on a daily basis by trained Pilates instructors. Aims to challenge each muscle group to tone, sculpt, shape and strengthen the body with a focus on our deep stabilising muscle system while maintaining technique and control.

Taken by Pilates Instructor

Health Fund Rebates No

Price 24.50 / 195.00 for 10

Duration 45 mins

Class size Up to 5

Format All clients follow the same program

Ideal for clients with a good base level of fitness and mobility wanting a challenge

Not suitable for clients who are pregnant, early post-partum or recovering from an injury (unless cleared by a physiotherapist)

Pre requisites 30-minute orientation (free)

GROUP REHAB

Group Rehab classes are led by a Physiotherapist and combine rehabilitative exercise therapy and the traditional Pilates method. Following a Physiotherapy assessment, clients participate in small group classes and follow a uniform program of mat, reformer and small equipment exercises to build strength, balance and function.

Taken by Physiotherapist

Health Fund Rebates Yes (code: 561)

Price 24.50

Duration 60 mins

Class size Up to 10

Format All clients follow the same program

Ideal for clients rehabilitating from injury or with chronic conditions requiring minimal exercise modifications

Not suitable for clients who are pregnant or early post-partum

Pre requisites 1 hour initial consultation

MAT PILATES

Mat Pilates is a back to basics floor regime, programmed on a weekly basis as a generalised strengthening and toning exercise class. Under the supervision of a Pilates instructor you will learn exercises that can also be undertaken at home.

Taken by Pilates Instructor

Health Fund Rebates No

Price 24.50 / 160 for 10 (opening special)

Duration 60 mins

Class size Up to 8

Format All clients follow the same program

Ideal for clients wanting to learn Pilates fundamentals and exercise progressions, or those wanting to supplement their Bodytone classes

Not suitable for clients who are pregnant, early post-partum or recovering from an injury (unless cleared by a physiotherapist)

Pre requisites Nil
