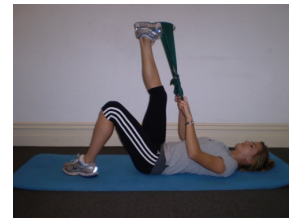
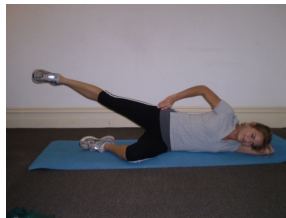


# Golf Pilates

**Improve your golf swing**  
**Prevent golf injuries**  
**Reduce golf related joint pain**  
**Improve your posture**  
**Low impact exercise**



## What is Pilates?

Pilates is a form of exercise that has been accepted by physiotherapists and the fitness industry as a way of improving “core stability”, which is the strength and stability of the muscles in the lower back, pelvis and trunk. It is ideal exercise for people of all ages, fitness levels and lifestyles.

It is commonly used as an alternative to gym and weight-training programs to improve strength, flexibility, posture, muscle tone, balance and co-ordination.

***When you as a golfer develop awareness of moving from your core first you will initiate every shot or putt from the same place leading to an increase in repeatable and consistent shot making.***

**What's on offer?** 45 minute Pilates classes run by a Physiotherapist (Kerry Jacobs)

**Where?** Adelaide Fitness Solutions (AAMI Stadium)- Brebner Drive, West Lakes

## How do I book Golf Pilates?

To book your session or find out more about class times ask your Physiotherapist or reception staff.

For more information about our other services, products and staff visit our website or contact us:

[www.northadelaidephysio.com](http://www.northadelaidephysio.com) / Phone: 8361 6933