



the  
physio  
clinic

*'for all things physio'*

## **PILATES**

***West Lakes Community Centre***



**Felicity Bitter**

You have been recommended to attend Pilates to assist you in your recovery. These sessions are supervised by our trained Pilates Physiotherapists who will guide you through a program as directed by your treating Physiotherapist.

Pilates classes are 45 minutes, and include 4-5 participants to allow greater physio supervision. Classes are floor-based and incorporate the use of theraband and chi-balls to make the exercises more challenging.

For beginners, an individual session is required to teach you the basics so that you know how to perform the exercises safely before entering the classes. Your goals and abilities will also be determined so that you get the most out of the Pilates classes. Pilates exercises, if performed incorrectly can aggravate existing injuries, and reduce the benefits that you may get from the classes. See below for more details on individual sessions.

Please read the following information to assist you in preparing for these sessions and to ensure your safety whilst attending Pilates.

It is advisable to take adequate pain relief prior to attending, so that you have optimal comfort for your treatment session.

### **What to bring:**

- Comfortable gym clothing (loose fitting)
- Any medication that you use on a "as need basis" which should be kept with you in the Pilates studio (for example for angina or asthma, including inhalers)
- A bottle of drinking water

### **When you arrive:**

- Head into the West Lakes Community Centre, and go through to the Pilates area on your right.
- Toilets, showers and a changing room are available for use.

**After your session:**

- It is not unusual to feel tired or have sore muscles in the hours following your Pilates session.
- If there is any change in your condition or you develop acute pain please notify your Pilates Physiotherapist.
- If you require assistance with showering or dressing, please arrange for a family member or friend to come with you.

**PILATES CLASS TIMES (45mins)**

Day	Time
Monday	5:00pm

***Bookings are essential as classes are limited to only 4-5 participants to allow greater physio supervision.***

**Class Cost:** (Pilates classes are claimable with private health insurance extras)

- \$26 per class
- 10 visit pass (pay for 9 and get 10<sup>th</sup> class free)- \$234
- The 10 visit pass must be used within 3 months of purchase

**Individual Session Cost:**

- 40 minute private session to be booked at anytime, depending on Pilates Physiotherapist availability.
- \$78 claimable with private health insurance extras

If you have any queries or concerns please contact us at The Physio Clinic on **8342 1233**.

**If you are not able to attend you Pilates session please phone the clinic and leave a message if the phone is unattended.** As we have a waiting list for Pilates classes, failure to cancel appointments will incur the normal charge.

**Where is the Pilates class held?**

West Lakes Community Centre  
Corner West Lakes Boulevard and Brebner Drive

Parking available onsite