



Next Term starts the week of Monday 13th January 2014

Clinical Pilates has been adapted from the traditional Pilates form by physiotherapists world-wide and is a widely used approach in the treatment of musculoskeletal disorders. It is exercise, based on the Joseph Pilates method, which has been adapted for rehabilitation purposes, by targeting the deep stabilising muscles of the back, abdomen & pelvic floor.

The exercises contain some elements of traditional Pilates, with the physiotherapist prescribing specific exercises for the individual and the injury, thus providing a functional movement-based rehabilitation program.

Strong emphasis is placed on **posture, flexibility and core muscle awareness and control**, as it is applied to the functional activities of daily life eg sitting, walking, running & many sports.

PILATES on MACQUARIE CLASS TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am-8.15am	Mat Class Laura	Runner's Virginia	Cardio Virginia		Mat Class Kate
8am – 8.45am		Equipment Virginia		Men's Health Kate	
11am – 11.45am				Men's Health Kate	
12.15pm-1pm	Mat Class Kate		Mat Class Laura	Mat Class Kate	Mat Class Kate
1pm – 1.45pm	Equipment Virginia	Equipment Laura	Equipment Virginia	Equipment Virginia	Equipment Kate
5pm – 5.45pm				Men's Health Kate	
5.30pm-6.15pm	Equipment Virginia		Runners Laura		
6.15pm-7pm	Equipment Virginia	Runners Laura	Runners Laura	6- 6.45pm Cardio Virginia	

Prior to joining our pilates classes, an [initial pilates assessment](#) is required to assess your ability to activate and control your core muscles. Real-time ultrasound will be used to view and rate the level of activation.

Your Instructors are highly skilled physiotherapists with strong backgrounds in musculoskeletal & biomechanical injuries. Class numbers are small to ensure close supervision, and a variety of classes offered.



Kate – Physiotherapist & Pilates Clinician
BHSc, CPP, APAM



Virginia – Director, Senior Pilates Clinician
Physiotherapist & Pilates Clinician
BHSc, CPP, APAM



Laura – Physiotherapist & Pilates Clinician
BHSc, CPP, APAM

Reception can be contacted on 9252 5770 or reception@ssop.com.au for further details & class bookings.

Pilates Class Types

Mat Class: These classes are geared for clients either new to Pilates, those who are coming back to exercise following injury, or those who feel they need that bit more support & practice working their core muscles in co-ordination with their arms and legs. Emphasis is placed on the fundamentals of Pilates as you work through exercises on the mat and with small equipment to challenge different postures and your core control (max 6 people).

Mat Class (8 weeks) \$384 (\$48 per week) **less rebate**
Mat Class – Extended (16 weeks) \$624 (\$39 per week) **less rebate**



Equipment class: For those who have experience in pilates and wish to master the principles of pilates on the pilates equipment, these classes progress and challenge your core control with the use of the Reformer, Cadillac (Trapeze Table), Wunda Chair and Barrell. The class is run like a circuit, rotating around 8 stations, providing a taste of each piece of equipment in every class. Close supervision to posture and technique is maintained. Each term begins with a new set of exercises...lots of fun! (max 8 people).

Equipment Class (8 weeks) \$304 (\$38 per week) **less rebate**
Equipment Class – Extended (16 weeks) \$464 (\$29 per week) **less rebate**



Cardio Pilates Class: A higher level of equipment class requiring a good level of experience and fitness, designed to maintain an elite level. Cardio classes are geared towards more advanced core control. The participants should feel they are working at a higher intensity and at a level to increase their heart rate. Those who are relatively injury free will find this class more of a challenge to their fitness regime and a good complement to any training program. (max 8 people).

Cardio Class (8 weeks) \$304 (\$38 per week) **less rebate**
Cardio Class – Ext (16 weeks) \$464 (\$29 per week) **less rebate**



Pilates for Runners: This class is for our running clientele who wish to challenge their lower limb and core co-ordination more specifically for running. The focus will be on flexibility, single leg load control and endurance with the use of the Reformer, Cadillac Table; Wunda Chair and small equipment. Participants should come away with an increased awareness of how they can apply their core stability work to their running, and ultimately become more efficient with their technique.

Runners Class (8 weeks) \$304 (\$38 per week) **less rebate**
Runners Class – Ext (16 weeks) \$464 (\$29 per week) **less rebate**



Pre & Post Natal Classes: These classes are 45 minutes, are held at 7.30am on Friday mornings and are very flexible. Programmes are planned to suit each individual client, and focus on pelvic floor and transversus activation. Contact 9252 5770 for more details.



Private pilates (1:1) and Duet pilates (1:2) sessions are also available. These allow for more individualised sessions and introduce the participants to Mat & Equipment based exercises. The fundamentals of Clinical Pilates (posture / flexibility & core control) are consolidated, and appropriate home/gym based programmes developed. There is no set timetable, these sessions can be booked at reception for a time which suits you.

Private pilates (30 mins): \$100 Duet pilates (45mins) : \$80 Packs are available at a reduced price.

Payment for all group classes is due up front at the start of the term, for the entire term. Rebates from your health fund are available at the end of the term, once the final class has been completed. Rebates for Assessment, Private and Duet session can be claimed at the time of payment.

Reception can be contacted on 9252 5770 or reception@ssop.com.au for further details, class bookings or to speak with one of our highly qualified instructors.