



# Individualised Pilates

At Eastern Sports & Spinal Care we offer a highly individualised Pilates program that is designed to suit your body, taking into account aches, pains and previous injuries.

Our classes are supervised by a physio who will:

- Take into account your current level of muscle control
- Instruct you on the correct technique throughout the class to ensure you gain the maximum benefit out of each class.
- Modify specific exercises where necessary to ensure you don't flare up old injuries

To ensure our physios can assist each participant throughout a class we limit the number of participants to 6.

You are eligible for a refund from your private health fund because our physios take the Pilates classes.

**For more information, contact us by phone or visit our website and download our Pilates flyer**

**Eastern Sports & Spinal Care**

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