



Eastern Sports & Spinal Care

'Performance Focused Physio'

Pilates for Men

Improve your core stability and endurance with a small group of like minded men

How It Works

Pilates for Men is a 10 week program designed for men of all ages based on Joseph Pilates exercise methods which combines eastern and western philosophies to improve core strength and maintain fitness.

Unlike traditional gym workouts, **Pilates for Men** is low impact and relies on correct posture throughout dynamic movements that target all muscle groups whilst maintaining good posture and stability.

Pilates for Men is suited to:

- Individuals suffering from back pain
- Those with poor balance and muscle control
- Injury rehabilitation
- Ideal for men of all ages

How We Can Help You

Eastern Sports & Spinal Care were one of the first practices to introduce Pilates into South Australia. Since then, our physios have had regular, ongoing training to ensure that they are at the forefront of Pilates training and current Physiotherapy research.

Over the course of ten weeks, participants will begin their **Pilates for Men** program in a basic floor program and progress to using Pilates equipment. At the completion of the program, individuals will be reassessed to determine the positive changes achieved.

Pricing

An initial 1-on-1 assessment with a physio

Value = \$98

10 x 45min classes

Prepay = \$250

Value = \$25 p/class

Pay per class = \$28

Private health rebates apply
for ALL 1-on-1 assessments and classes

Availability

Pilates for Men is run on a Tuesday morning at 8am.

Contact **Eastern Sports & Spinal Care** to discuss starting dates.

If your availability is likely to change from week to week, we recommend that you join a standard mixed Pilates class. These include beginners, intermediate & advanced floor classes, as well as Pilates equipment classes.



Goals

After your 1-on-1 consultation your physio will design a program to target key areas that require improvement. You will be measured to ensure you are progressively working towards achieving your goals.

These can include

- Greater spinal stability to reduce pain
- Developing postural control & endurance
- Increased flexibility
- General muscle strengthening
- Enhanced core strength to improve efficiency in social and competitive sports

Your diet and duration of weekly exercise activities, in particular how often you work on specific exercises such as Pilates will determine how quickly you achieve results.

At the conclusion of your 10 week program we will reassess you to outline the difference in your muscle control, endurance and flexibility. From that point on, you are welcome to continue in another **Pilates for Men** program or join another Pilates class that is offered at **Eastern Sports & Spinal Care**.



Location



**141 Kensington Rd
NORWOOD SA 5067**

MAIN ENTRANCE: Turn left off Kensington road as you head east towards the hills

ALTERNATE ENTRANCE: Turn left down Donegal St as you head east towards the hills then turn up a driveway next to an EFI International sign

Business Hours

Monday - Friday
8:30am - 6pm