

## Pilates Group Classes



North Queensland Physiotherapists Rachael Boniface, Leisha Exley, Bridget Fazel and Lee Zahner are running Clinical Pilates classes as part of spinal treatments and as a method of corrective exercise for other musculoskeletal conditions.

Pilates results in overall performance enhancement, increasing stability, co-ordination, strength, control, balance and efficiency of movement.

### CLASS TIMES

Monday	6:00 - 7:00pm
Tuesday	6:00 - 7:00am
	5:00 - 6:00pm
	6:00 - 7:00pm
Wednesday	6:00 - 7:00pm
Thursday	5:00 - 6:00pm
	6:00 - 7:00pm
Friday	6:00 - 7:00am
Saturday	9:30 - 10:30am
	10:30 - 11:30am

- Core stability training
- Specific muscle training for back, neck pain & other joint pain
- Correct underlying muscle imbalances
- Improve posture and flexibility
- All over body strengthening and toning

Small group classes  
\$20 per class or pre-purchase a voucher which includes a 1 on 1 and 5 classes for \$130. The follow-up voucher is for 6 classes for \$100. Private Health Rebates Available Bookings are required - please call (07) 4723 2233

Please bring a towel and water bottle

