



STRIVEPHYSIO

Manual Move Mind

CLINICAL PILATES

NO EXPERIENCE REQUIRED - SUITABLE FOR BEGINNERS

Clinical Pilates is a system of **safe** and **effective** exercises conducted by **physiotherapists** that are beneficial to runners to treat a wide range of injuries and conditions.

Learn about how your body works and balance other training.


Close monitoring of your symptoms at all times.

Clinical Pilates is about making your body work the way it should – **strong, flexible** and **agile** so that you can **move** easier.



WHEN: Tuesdays 6pm &
Thursdays 4.30pm

COST: \$15 per class (bring to class) or
pre-pay 10 classes \$120 at the gp superclinic
reception

BOOKINGS: Book your spot online:
strivephysio.com.au or visit our  page

WHERE: The Railway Shala
25 Olsen Ave - New Auckland

BRING: Water, towel &
wear loose clothing

Strive Physio is located inside Gladstone GP Superclinic

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