

FIT BACKS CLASSES

MAT & EQUIPMENT PILATES

& PRE-NATAL PILATES



Fit Backs Clinical Pilates classes are designed & instructed by physios for the needs of participants. Ideal for injury prevention & rehab, or to improve mobility, strength, tone, posture, coordination & balance.

Fit Backs Mat Pilates classes progress gradually over 10 weeks, with a personalised size of up to 10.

Equipment Pilates are individual programs using trapeze, wunda chair, reformer, weights, balls, barrels and other bits with your physio as instructor. Class size of 2-3 ensures heaps of feedback & most effective results.

Fit Backs Pre-Natal Mat Pilates is joined from 8 weeks of pregnancy to help maintain fitness & wellbeing.

LOCATION: Therapy Max exercise rooms (opp basketball court)

Cook + Phillip Aquatic Fitness & Centre, College St Sydney.

Ph: 9356 3877 www.therapymax.com.au reception@therapymax.com.au

PILATES TIMETABLE

CLASS TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
12.00-12.45	Equipment			Equipment 12.15pm	
12.30-1.30pm	Beginner	Beg/Intermediate	Beginner	Advanced	Intermediate
12.45-1.30pm	Equipment			Equipment 1.00pm	
5pm-6pm			Beginner		
5.30-6.30pm	Intermediate 5.15pm		Equipment 6pm	Pre-Natal	
6.30-7.30pm	Equipment			Beg/Intermediate	
7.30-8.30pm				Beginner	

MAT CLASS TERM DATES: 4 x 10 week terms each year

Term 3, 2011	<i>Monday 18th July to Friday 23rd September</i>
Term 4, 2011	<i>Monday 10th October to Friday 16th December</i>

Pilates Class Which class to join

- * **Equipment:** Need an individual program to target your needs more specifically. Start anytime
 - * **Mat Beginner:** Little/no Pilates experience or assisting injury recovery.
 - * **Mat Intermediate:** Have completed beginner with advanced technique or have a long history of Pilates.
 - * **Mat Advanced:** Have completed Intermediate course.
 - * **Mat Pre-Natal:** To maintain strength & posture through pregnancy.
- * Equipment, Beginner & Pre-Natal Pilates mat clients require an initial consult with an instructor.

COST:

Fit Backs Mat Pilates: Beginner, Intermediate & Advanced 10 week courses - \$210

Fit Backs Pre-Natal Mat Pilates: 10 week course - \$210 or \$25 per class for casual visits

Equipment Pilates: Lunch 45 mins (duo) & Evenings 1hr (trio) - \$50 casual or \$450 (10 pack)

NB: Private Health Fund rebates for classes are available under "physiotherapy group session".

***An Initial Consultation & Assessment is mandatory for students joining Fit Backs Classes for the 1st time**
 - \$70 for ½ hr - for those with no current injury: Movement & posture assessment & education of core activation.
 - \$115 for 1 hr - required for those with a current injury: Movement & posture assessment & education of basic core activation & injury history to give instructor understanding of your individual needs.