

FIT BACKS CLASSES CLINICAL PILATES & PRE-NATAL PILATES



Fit Backs Classes are low intensity matwork Pilates, instructed by Therapy Max Physiotherapists & experienced Pilates Instructors. Class size is limited to 10 & workouts are progressed gradually over 10 weeks. Classes are rebatable through your Private Health Insurance.

Fit Backs Clinical Pilates is the perfect workout to improve core strength, posture & conditioning to assist injury prevention or rehabilitation. Suitable for all fitness levels, from beginner to intermediate & advanced.

Fit Backs Pre-Natal Pilates Suitable during pregnancy from 8 weeks, this class will help maintain fitness.

LOCATION: Therapy Max exercise room (opp basketball court)

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

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CLASS TIMETABLE (NB: there is 4 x 10 week terms each year)

CLASS TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
12.30-1.30pm	Beginner	Beg/Intermediate	Intermediate	Int/Advanced	Beg/Intermediate
5pm-6pm			Beginner		
5.30-6.30pm	Intermediate			Pre-Natal	
6.30-7.30pm				Beg/Intermediate	
7.30-8.30pm				Beginner	

TERM DATES:

TERM 1, 2010	Monday 25 th January to Thursday 1 st April. (Tues & Fri classes are 9 week only)
TERM 2, 2010	Monday 19 th April to Friday 2 nd July. (Mon classes finish 5/7 due to PH on 26/4)

Pilates Class Which class to join

- * **Beginner:** Little/no Pilates experience or assisting injury recovery.
- * **Intermediate:** Completed beginner course with advanced technique or long history of Pilates.
- * **Advanced:** Have completed Intermediate course.
- * **Pre-Natal:** To maintain strength & posture through pregnancy.

* Beginner & Pre-Natal Pilates clients require an initial consult with an instructor.

COST:

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

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

***An Initial Consultation & Assessment is mandatory for students joining Fit Backs Classes for the 1st time**

- **\$65 for ½ hr - for those with no current injury:** Movement & posture assessment & education of core activation.

- **\$110 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.

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