

CLINICAL PILATES AVAILABLE NOW



What is Clinical Pilates?

Clinical Pilates is a form of physical exercise that focuses on posture, core stability, balance, control, strength, flexibility, and breathing.



Pilates vs Clinical Pilates

Clinical Pilates differs from Pilates because it takes into account an individual's specific injuries and physical needs, instead of having every person work in the same way.

The staff in a Clinical Pilates establishment have expert knowledge and training in physiotherapy or exercise physiology.

**HEALTH FUND REBATE
ELIGIBLE**