



PHYSIO

Pilates Classes

Physio Pilates Classes are small group exercise classes designed by physiotherapists. The classes work on your postural muscles, in particular your back, abdominal, gluteal and pelvic floor muscles. This helps you regain control of your posture and body awareness. The classes are based on Pilates with current research concepts in core stability.

All classes are taught by physiotherapists. Bookings are essential as class sizes are limited. Please call or email for current class times and availability.

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