

prevent



Physiotherapy
Ergonomics
Workplace Health
Bodyflow ©
Pilates | Massage

Golf Pilates

This 6 week course is aimed to:

- Strengthen your core
- Improve movement awareness
- Prevent injury
- Fascial wind-up correction
- Improve power
- Improve swing efficiency

And obliterate your opponents!

Call 8361 8182 to register.

North Adelaide Medical Centre
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