

Pilates

at



Physiotherapy &
Injury Prevention Solutions

HEALTH FUND REBATES APPLY
ALL CLASSES INSTRUCTED BY
PILATES PHYSIOTHERAPISTS



Strength Flexibility Body Awareness
Injury Prevention Core Strength
Mind-Body Balance

Class Details

Group Classes (Max 6 people): \$35 per class or;
\$30 per class for term booking (10 classes)
Individual Session: \$75 per session

Class Times

Please see timetable on our website.

To enquire and book your initial consult contact us on:

Phone: 8361 8182

North Adelaide Medical Centre
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