ADVANCE PHYSIOTHERAPY & sports injury centre

Spinal Strengthening & Clinical Pilates

Injury Recovery with a Professional

Class Information:

Make your Spine and 'core' strong in our classes

- Advance your spinal strength
- Achieve greater movement and flexibility
- Enhance your co-ordination & balance
- Close supervision & movement correction
- Physiotherapist supervises & instructs the classes
- Progressive resistance muscle training
- Low impact on your joints

Quick Start Clinical Pilates Program

Initial Physiotherapy Assessment of Spinal Movement & Clinical Pilates session 60 mins
3x 30 minute one on one Clinical Pilates training sessions with Physiotherapist
Introductory Program $370.00

Class Timetable

We have different class timetables in each location:

Frenchs Forest	**T 9452 2626**
Hornsby	**T 9476 5437**

Class Costs - Block Passes

Individual Class with Physiotherapist: $95.00

1 Pass:	$45.00	
5 Pass:	$187.50	@ $37.50
10 Pass:	$350.00	@ $35.00
20 Pass	$640.00	@ $32.00
1 year unlimited	$1974.00	@ $21.00

Health Fund rebate - 560
"Supervised Physiotherapy Rehabilitation & Exercise Class"

WE ARE DEDICATED TO RESTORING
Your Movement. Your Performance. Your Strength.

Terms and Conditions

- Payment is expected prior to commencing a class
- Pre-purchased class passes provide credit for a group class with a Physiotherapist or Exercise Physiologist
- 5 &10 Pass credits are valid for 12 weeks from purchase, with a 20 pass valid for 26 weeks
- Non-attendance, cancellations or class changes require 24 hrs notice & can be made up within 12 weeks

Should you not use all your passes within 2 weeks of end date of pass purchase you forfeit your credit.

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