

Small Group Golf Pilates

Take your body & your Golf
Performance to the next level



ACTIVEPHYSIO®
www.physio.co.nz

8 week programme

Personalised 8-week package.

Booking Information

- All sessions must be booked and pre-paid.
- Each block runs for 8 weeks.
- Maximum - five members per class.
- Classes are one hour in duration.
- Small Group Golf Pilates classes are not available on a casual basis.
- Missed classes are non refundable.
- Please bring a towel and wear comfortable exercise clothing and socks.



Also Available

Introductory Golf Pilates Muscle Balance Assessment

Assesses your muscle strength,
flexibility and joint range.



Golf Improvement Programme

Personalised 12-week package.



Golf Specific Power Plate®

6, 12 and 24 week packages available.



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What is Pilates?

Pilates offers a unique approach to exercise focusing on body awareness, improving and changing the body's postural and alignment habits and increasing flexibility and ease of movement.

Golf Pilates helps to:

- ▶ Tone and condition your muscles reducing the risk of injury.
- ▶ Enhance mobility; agility and stamina (necessary for golf performance).
- ▶ Improve coordination and timing.
- ▶ Develop functional fitness and concentration.
- ▶ Improve the way your body looks and feels.
- ▶ Provide relief from back pain and joint stress.

Why choose Golf Pilates?

- ▶ Sessions are tailored to your individual body type and Golf goals.
- ▶ All ages and fitness levels are catered for.
- ▶ We provide a safe, dynamic and motivating environment for you to exercise.
- ▶ Our knowledgeable Physio team provide a personalised approach.
- ▶ Enjoy the social atmosphere of working with other motivated Golfers, while progressing your own programme.



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