

physio pilates

**your body
will love you
for it!**



**classes
for all levels
& experience**

Active Physio Dominion Rd

718 Dominion Road, Mt Eden

Phone 631 0010

Monday - Friday 7am - 7pm

Located in the Kensington Mall.
Parking on site (behind the mall).



ACTIVEPHYSIO®
www.physio.co.nz

Pilates classes for all levels taught by physio professionals.

Matwork Classes

Pilates is great for everyone!

Whether you're a beginner, an expert or somewhere in between, we'll work with you to your own level. Bring a towel, mats are provided.

\$15
per person

Monday 10:30 – 11:30am

Tuesday 12:00 – 1:00pm
5:45 – 6:45pm

Wednesday 5:45 – 6:45pm

Thursday 5:45 – 6:45pm

Friday 9:15 – 10:15am

*take 10 classes
& get one free
with a pilates
concession card*

One-on-One Matwork & Equipment Sessions

30, 45 or 60 min sessions with a professional physio pilates instructor.

30 mins
\$60

45 mins
\$90

60 mins
\$120

Specialised Pilates Courses

6-week programmes

For Ante-Natal and Post-Natal.

8-week programmes

For General Conditioning, Golf, Rehabilitation or Sport Training.

6 weeks
\$270
per person

8 weeks
\$360
per person

**Bookings are essential
so call us today!**

ph 631 0010