

Physio Pilates



ACTIVEPHYSIO®
www.physio.co.nz

Beginners Level Classes

Ideal for those with little or no Pilates experience.

Mon–Thu 9:30 – 10:30am

6:00 – 7:00pm

Saturdays 10:30 – 11:30am

Mixed Level Classes

For anyone who has attended previous classes.

Fridays 9:30 – 10:30am

\$15 per person. Bookings essential.

Towels and mats are provided.

10-class concession cards are available.

Active Physio Takanini

(H J Walker Physiotherapy Ltd)

88 Great South Road, Takanini

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Pilates

What is Pilates?

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

No matter what you do during the day – washing, ironing, picking up the kids, working at a computer, running, feeding the pets, etc – Pilates can improve your body's ability to cope with the activities of everyday life. The basic principles of Pilates, like neutral spine, shoulder stability, using your abs to support your spine and upperbody will help you to strengthen while at the same time ease some of those aches and pains caused by under or over-use of muscles.

Pilates is great for:

- ✓ General fitness and body awareness
- ✓ Pregnancy: Pre and post natal
- ✓ Injury prevention
- ✓ Remedial & rehabilitation work
- ✓ Improvement of technique for athletes and dancers
- ✓ The elderly
- ✓ For children from 12 years-old

Pilates helps to:

- ✓ Increase and create a balance between strength and flexibility
- ✓ Create an awareness of and strengthen dynamic stability
- ✓ Improve coordination
- ✓ Release stress
- ✓ Improve posture

