



ACTIVEPHYSIO®
www.physio.co.nz

Take your body to the next level...

with Small Group Pilates Personal Training Sessions

Enhance your wellbeing...

- » Conditioning efficient patterns of movement making the body less prone to injury.
- » Toning and building long, lean muscles without bulk.
- » Complimenting sports specific training and developing functional fitness for daily life activities.
- » Improving the way your body looks and feels.
- » Enhancing mobility; agility and stamina.
- » Providing relief from back pain and joint stress.

Why choose Small Group Pilates?

- » Sessions are tailored to your individual body type and personal goals.
- » All ages and fitness levels are catered for and are extremely welcome.
- » Provides a safe, dynamic and motivating environment for your health requirements.
- » An extremely Professional team of Physiotherapists provide this very personalized approach.
- » Enjoy the social atmosphere of working with other motivated participants, while progressing at your own individual rate.

Pricing Options

Introductory Postural Analysis

\$60_{pp}

This is a one-on-one session to assess your individual needs and goals, equipping you with the knowledge you need to get started. Postural Analysis is strongly recommended, especially for those who have no previous experience using pilates equipment.

8 week concession

\$360_{pp} (\$45 per class)

16 week concession

\$640_{pp} (\$40 per class - save \$80!)

Booking Information

All sessions must be pre-paid in full.

Small Group Pilates classes are not available on a casual basis. Each block of 8 classes run for 8 continuous weeks.

16 week concession courses are run in two blocks of 8 weeks and may run continuously or may be split in two. Completion of both courses must be within 12 months from the date of purchase.

There is a maximum of four people per class.

One class is held per week.

All classes are one hour in duration.

All equipment is provided.

Missed classes are non refundable.

Please bring a towel and wear comfortable exercise clothing and socks.



Small Group Pilates
8 week concession card

name: _____
 instructor: _____
 time of classes: _____

class #1 date: 1	class #2 date: 2	class #3 date: 3	class #4 date: 4
class #5 date: 5	class #6 date: 6	class #7 date: 7	class #8 date: 8

small groups big savings!

buy a Small Group Pilates concession card and save!