

PILATES MAINTENANCE GROUP

The Pilates Maintenance Group is suitable for individuals who have completed 1:1 pilates exercise program with a CGH physiotherapist, or completed a CGH group incorporating pilates mat exercises.

AIMS:

- Improve core and lower body strength
- Increase spinal mobility and pelvic stability

PROGRAM DETAILS:

Your group or individual physiotherapist will let you know if your needs and goals mean you are appropriate to attend the Pilates maintenance group

Group Exercise:

Under the supervision and guidance of a Physiotherapist and an Allied Health Assistant, you will a Pilates mat work based group exercise program targeting strength, flexibility and posture.

ABOUT THE PROGRAM:

- 8 week program
- Sessions held on Friday's at 2:00-3:00pm
- The program is held in the Physiotherapy Department of the CRC Building at Central Gippsland Health

Cost for the program: This group is currently government-funded therefore attendees will incur no charges.

Contact: Physiotherapy Department **Tel:** (03) 5143 8560