

Clinical Pilates Timetable

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|--|---|--|--|--|--|
| 8:30 am | Independent Clinical Pilates | Independent Clinical Pilates | | Independent Clinical Pilates | Independent Clinical Pilates | Independent Clinical Pilates |
| 9:15 am | Tone Clinical Pilates Hannemari de Jager | Tone Clinical Pilates +Safe Haven Sheryn Cutler | | Tone Clinical Pilates +Safe Haven Helen Lowe | Tone Clinical Pilates Daniel Pratt | *** 9:30 Class *** Tone Clinical Pilates Daniel / Hannemari |
| 10:00 am | Rehab Clinical Pilates Helen Lowe | Rehab Clinical Pilates Hannemari De Jager | | Rehab Clinical Pilates Helen Lowe | Tone Clinical Pilates +Safe Haven Daniel Pratt | |
| 11:00 am | Tone Clinical Pilates +Safe Haven Hannemari de Jager | | | | Rehab Clinical Pilates Daniel Pratt | 11:15am Rehab Clinical Pilates Daniel / Hannemari |
| 12:00 pm | | Independent Clinical Pilates | | Independent Clinical Pilates | Independent Clinical Pilates | |
| 12:45pm | | | Rehab Clinical Pilates Daniel Pratt | 12:30 Hydro Group Daniel Pratt | | |
| 2:00 pm | | Rehab Clinical Pilates Daniel Pratt | | Rehab Clinical Pilates Daniel Pratt | | |
| 5:15 pm | Tone Clinical Pilates Daniel Pratt | | | | | |
| 6:00 pm | Rehab Clinical Pilates Daniel Pratt | Tone Clinical Pilates Hannemari de Jager | Tone Clinical Pilates Daniel Pratt | Tone Clinical Pilates Hannemari de Jager | | |
| 6:45 pm | Rehab Clinical Pilates Daniel Pratt | Rehab Clinical Pilates Hannemari de Jager | Rehab Clinical Pilates Daniel Pratt | Rehab Clinical Pilates Hannemari de Jager | | |
| 7:30 pm | Tone Clinical Pilates Helen Lowe | | Tone Clinical Pilates Daniel Pratt | | | |



To book classes:

Call: 5623 3306 Online: www.throughlifephysio.com.au

Clinic and Class location:

52 Albert Street Warragul

Clinical Pilates Timetable

Rehab Clinical Pilates

Rehabilitation exercises specifically and uniquely prescribed for your goals of:

- Back Pain Management
- Neuro Rehab
- Post-Op Rehab
- Injury/Pain Rehab
- Pelvic Floor Rehab
- Osteoporosis



3 patients : 1 Physio

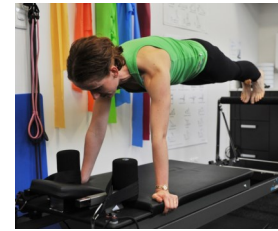
Clinical Pilates Equipment

45 minute group

Tone Clinical Pilates

Individualised levels - the perfect exercise for:

- Men and women
- Improving posture
- Strengthening core and pelvic floor muscles
- Pregnancy and postnatal
- Injury prevention in sports people



6 patients : 1 Physio/ Instructor

Clinical Pilates Equipment

45 minute group

Through Life Physiotherapy

Caring | Empowering | Achieving

Independent Clinical Pilates (Physio must approve)

The ideal exercise for those who:

- have mastered a Rehab Clinical Pilates program
- live with chronic pain
- have a long term health condition
- love exercising on Clinical Pilates equipment

3 patients unsupervised

Clinical Pilates Equipment

45 minute group



Helen Lowe Physio | Daniel Pratt Physio | Hannemari de Jager Physio | Sheryn Cutler Fitness Instructor

Tone Clinical Pilates with Safe Haven

Individualised levels - the perfect exercise for:

- Improving posture, core and pelvic floor strength
- Pregnancy and postnatal
- Fabulous whole body workout

Safe Haven:

- Encourages the parent —baby/child bond
- Exercise together when your child needs to connect with you
- A wonderful play space when your child is ready to explore

5 patients : 1 Physio / Instructor

Clinical Pilates Equipment

45 minute group



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