

Clinical Pilates Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Independent Clinical Pilates	Independent Clinical Pilates		Independent Clinical Pilates	Independent Clinical Pilates
9:15 am	Tone Clinical Pilates Helen Lowe		Tone Clinical Pilates Sarah Renshaw	Rehab Clinical Pilates + Safe Haven Claire Edwards	Tone Clinical Pilates Sarah Renshaw
10:00 am	Tone Clinical Pilates +Safe Haven Helen Lowe	Rehab Clinical Pilates Helen Lowe	Rehab Clinical Pilates Sarah Renshaw	Tone Clinical Pilates +Safe Haven Claire Edwards	Tone Clinical Pilates +Safe Haven Sarah Renshaw
11:00 am				Rehab Clinical Pilates Claire Edwards	Rehab Clinical Pilates +Safe Haven Sarah Renshaw
12:00 pm	Independent Clinical Pilates	Independent Clinical Pilates	Independent Clinical Pilates	Independent Clinical Pilates	Independent Clinical Pilates
12:30 pm				Hydro Group Sarah Renshaw	
2:00 pm	Rehab Clinical Pilates Helen Lowe		Rehab Clinical Pilates Sarah Renshaw		
5:15 pm	Tone Clinical Pilates Helen Lowe	Tone Clinical Pilates Sarah Renshaw		Rehab Clinical Pilates Sarah Renshaw	
6:00 pm	Rehab Clinical Pilates Helen Lowe		Rehab Clinical Pilates Claire Edwards	Tone Clinical Pilates Sarah Renshaw	
6:45 pm	Rehab Clinical Pilates Helen Lowe		Tone Clinical Pilates Claire Edwards	Rehab Clinical Pilates Sarah Renshaw	
7:30 pm	Tone Clinical Pilates Sheryn Cutler				

**We now offer safe haven
in selected Rehab
Clinical Pilates classes.
Please turn the page for
more details.**

To book classes:

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

Clinic and Class location:

100 Brandy Creek Road Warragul

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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 who are able to work independently

Clinical Pilates Equipment

45 minute group



Safe Haven

- Free at selected Tone and Rehab Clinical Pilates classes.
- Exercise together when your child needs to connect with you.
- A wonderful play space for your child.
- Care for your children while you exercise.
- Parents remain responsible for changing nappies and taking children to the toilet.

Please note, anyone is welcome to attend these classes even without children.



Helen Lowe Physio | Sarah Renshaw Physio | Claire Edwards Physio | Sheryn Cutler Fitness Instructor

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