



Play Pilates – It's fun for everyone

At Through Life Physiotherapy we believe that exercise can and should be fun. That is why we have designed Play Pilates. Whether you need to improve posture, build strength, increase fitness or set up great movement habits, Through Life Physiotherapy is the place for you to workout. Play Pilates is an awesome workout for parents and loads of fun for children. Never again do you need to find a babysitter or abandon your children in a crèche or playpen, just to get a workout. Grandparents who care for little ones are also welcome as the workout is tailored to each person's level.

Tuesday and Thursday morning's at 9.30am, Play Pilates is run by a physiotherapist with specialist training in exercise, women's health and early childhood development. This fun exercise experience has kid's music, and play that allows development for all ages. We welcome expecting mothers and babies as young as 5 days at Play Pilates. Whether you are exercising during pregnancy, after the birth of your baby, with your preschoolers or with your grandchildren it is healthy, beneficial and recommended.

We are celebrating 8 years running Pilates classes where hundreds of people have been educated and empowered to look after their core strength and fitness. The awesome program of classes include; Play Pilates, Cardio, Chill Pilates, Bloke's Pilates and Power Pilates that are all designed to get the best out of your body. We welcome you to come and try any of our classes for just \$10 for a once off come and try class.

At Through Life Physiotherapy we can also set you up with a home exercise regime or can tailor your current gym program so you can recover fully from your injury, birth and achieve all your fitness goals for years to come. Let Through Life Physiotherapy help you achieve positive change in your body at all stages of your life. Details of the full range of Physiotherapy, Clinical Pilates and Pilate's classes can be found at our web-site: www.throughlifephysio.com.au.

Attached Photo: Helen Lowe, Director and Physiotherapist, Lilly Cutler.

