



ABN 28104159837
Newtown Business Centre
Suite 3, 1 Erskineville Road
Newtown NSW 2042
Phone (02) 9519 4913
Fax (02) 9516 5463

We are very excited to help you get started on your Pilates Journey.

Here at Active Physiotherapy our classes are suitable for everyone. For information about Pilates and its many benefits please visit our website.

If you haven't done Pilates before, are new to Pilates at Active Physiotherapy or are recovering from an injury (and have clearance to begin a group exercise program) for your safety it is required you attend a series of beginners classes or private sessions until you become confident with your understanding of foundation exercise in Pilates. In beginners classes you will learn about important Pilates terminology, postures and basic Pilates exercises that we require you to know before joining any other group classes at Active Physiotherapy.

If you have done Pilates before and are confident with your understanding of Pilates principles and muscle activation you are most welcome to join open group classes from the start.

Booking classes is Easy, simply click on this link to be directed to our online booking system [Active Physiotherapy Bookings](https://active-physiotherapy-newtown.cliniko.com/bookings#service) and start booking. You can also use the following URL <https://active-physiotherapy-newtown.cliniko.com/bookings#service> or if you prefer call (02) 9519 4913 to book with our friendly reception staff.

Prices are as follows:

Pilates Group Class: \$35 x Casual, \$175 x5 sessions, \$320 x10 sessions.
Pilates Private: \$110 x Casual, \$550 x5 sessions, \$1000 x10 sessions

To ensure classes run smoothly and everyone understands our policies we have a few terms and conditions which can be viewed on our website, please understand that in booking a class you are automatically agreeing to them. Please make yourself familiar with our cancellation policy.

Please wear comfortable exercise clothing that protects your modesty and bring a towel and socks to class. If you haven't already done so, you will be asked to please fill our *Client History & Waiver Form* which can also be printed from our website, filled out and handed in at your first session.

If you have any questions please do not hesitate to ask. We look forward to seeing you in class soon.

The Team at Active Physiotherapy Pilates.

Nicola Kirk
Bsc: Nutrition and Sports Science
Diploma of Professional Pilates Instruction
Certificate IV in Pilates
Diploma of Professional Pilates Instruction
LeMond Spin Instructor
Full Member of Pilates Alliance Australasia
Certified Barre Attack Instructor