

PRIVATE HEALTH REBATES

APPROXIMATE REBATES PER CLASS

Please check with your private health fund for the most up-to-date rebates. These are only approximates.

MEDIBANK

Basic Extras \$13.80
Top Cover \$21.30

BUPA

Bronze \$14.70
Silver \$14.70-16.20
Gold \$18.40-\$20.25
Platinum \$22.05-\$24.50

AHM

Basic \$12
Top Level \$17

NIB – CODE 8052

Minimum rebate \$10
Most levels 50-85% back

AUSTRALIAN UNITY

Minimum rebate 60%

FRANK

Code 505 - Done as a physio consult
Some Extras 50% - 85%
Lots Extras 50% - 80%

HCF

Pay up front, then claim back via form. Run as a consultation.

CLASS SCHEDULE

All classes are approximately 50 minutes in duration.

Maximum of 7 per class.

Fee Schedule

6-week Mums & Bubs Pilates = 6 x \$25 = \$150
7- or 8-week Beginner or Intermediate pilates (7 x \$20 = \$140, or 8 x \$20 = \$160)

	MON	TUES	WED	THURS	FRI	SAT
10 am	Mum					
6pm		Beg				
6.30pm			Beg			
7pm	WH	IM				

MB = Mums & Bubs. This beginner level course is suited to mums (and dads!) with babies from 8 weeks old to 12 months of age.

Int = Intermediate. For those who have completed the beginners course. Created to challenge your body further and progress the pilates exercises learned from the beginners.

Pilates Terms:

Term 1: 14th Feb – 5th April 2017 (8 weeks)
Term 2: 18th April – 29 June 2017 (Tue: 10 wks, Wed: 11 wks)
Term 3: 17th Jul – 21st September 2017 (10 wks)
Term 4: 9th Oct – 14th Dec 2017 (Tue 9 wks, Wed 10 wks)

- No pilates classes run during school holidays or public holidays



AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION
Member



WHAT IS PILATES?

Developed from the techniques of the late Joseph Pilates (1880-1967), the Pilates Method is a safe, intelligent exercise system that incorporates precise movements and a focused mind to balance the body in strength, flexibility and control.

Pilates is suitable for all ages and levels of ability and works to develop uniform muscle tone and alignment through your entire body. No muscle group is ever over-trained as you work through the selection of Pilates movements that will transform the way your body looks, feels and performs - allowing you to enjoy daily activities and sports with greater ease and reduced chance of injury.

It is a unique method of deep body conditioning that integrates muscle control, breathing, flexibility, strength & body awareness. Pilates works from within the body towards the exterior surfaces, and the benefits are long-term.

BENEFITS

- ✓ Increase energy, strength & stamina
- ✓ Improve posture – see & feel the difference!
- ✓ Reduce neck & back pain
- ✓ Build body awareness & co-ordination
- ✓ Tone your muscles – you will look & feel great!
- ✓ Decrease stress & improve sleep
- ✓ Improve your sex life!
- ✓ Increase flexibility
- ✓ Strengthen abs!
- ✓ Increase core strength in athletes



Ideal for everyone from elite athletes to couch potatoes, pilates promotes physical harmony and balance in men, women and children of all ages and physical conditions, while providing a refreshing and energising workout. It caters for the needs of the individual through a repertoire of highly functional (not isolated) movements which are designed to progressively challenge the body.

Many forms of exercise create tightening of certain muscles while overstretching others. Pilates aims to correct this imbalance. In this way, pilates can be effective in rehabilitation, relieving chronic neck and back pain by improving deep abdominal strength, focusing on weaker muscle groups, and lengthening tight structures thus improving posture.



Pilates can be taught one-on-one or in a class environment with a combination of mat floor, ball and apparatus exercises. Breath control and body movements are continually monitored in the 50 minute sessions, and by engaging the mind and body, pilates is an excellent stress reliever.



Private Health Rebates

Because the instructor is also a physiotherapist, many health funds offer rebates for pilates as part of the physiotherapy extras cover. Please check with your health fund if these sessions are eligible for rebates before enrolling.

How Often?

Because pilates is a low-impact, functional form of aerobic exercise, there is no limit to how often you can do it. The body responds to exercise depending on its regularity. Our 8 week course (50 minute session per week) is designed for beginners, or those new to exercise. But for those wishing to accelerate and achieve maximum benefit from pilates, 2 or more sessions per week is recommended.

What To Bring

Comfortable attire is required to perform pilates exercises. For hygiene purposes, we encourage everyone to bring their own pilates mat, towel & drink bottle to every session. Towels & clean socks are essential when using our equipment. Shoes must be removed before entering. Mats & other equipment can be purchased from our studio.

Pre-Assessments

We encourage all pilates participants to undergo an assessment by our Life Physio Pilates Instructors. Life Physio offers pre-assessments by a physiotherapist/PIA instructor at half the normal fee. This is rebatable under your physiotherapy extras cover.