

## ADVANCED PILATES

Pilates is a system of exercises using specialised apparatus that is designed to improve strength, flexibility, posture, endurance and improve mental clarity.



Our Advanced Pilates classes are a progression of our Clinical Pilates classes. You will still work on your individual advanced program, however there will be more of a self-guided focus.

All Advanced Pilates classes are still under the watchful eye of our highly qualified physiotherapists.

**Call to make an appointment with our Physiotherapists to start on the new YOU!**

### SESSION TIMES

Visit [latitude337physio.com.au](http://latitude337physio.com.au) for current session times or find us on facebook.

### PRICING

<b>ADVANCED</b>	55mins \$30
<b>*10 SESSION PACK</b>	\$270

*Health fund rebates may apply.  
All classes are conducted by  
Physiotherapists.*

### CONTACT DETAILS

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