

**CLINICAL PILATES**



Interested in improving your flexibility and muscle strength? Let Maddington Physiotherapy Centre help you develop your “core” muscles allowing you to **function at your best!**

Our Head Pilates Instructor **REBECCA** has reached the top of her game with extensive professional training in Pilates instruction. Her passion for Pilates instruction will ensure that your body **reaps the rewards** of attending her classes.

Take advantage of the return of Rebecca and try a 6 weeks low impact high intensity Pilates workout program during **January and February 2014!!**

**CLASS TIMES**

**1 – 2 PM Monday and Wednesday**

**6 – 7 PM Monday, Tuesday and Wednesday**

**PH: (08) 9459 5777 www.maddingtonphysio.com.au**