



correct.

PILATES

GROUP TRAINING

In the 1920's Joseph Pilates developed a method to assist injured athletes safely return to exercise and maintain their fitness. Over the years the Pilates method has gradually evolved into the modern day biomechanical thinking, including the utilisation of state of the art equipment, including spring resisted reformers and trapeze tables.

Corrects Pilates classes use these modern machines in a small supervised environment, giving you the best opportunity to focus and work on the exercises. Strengthen your core, move your joints and challenge your concentration. This is a great class if you have strength imbalances, recovering from injury or managing your gym and training workload.

UNLIMITED GROUPS

Choose from
multiple different
group classes
every week

\$70 p/w