

Clinical Pilates.

A group exercise
class based on the
principles of Pilates.

Contact reception or ask your Nuffield
Health physiotherapist for available times.

What is Pilates?

The Pilates method is a combined mind-body technique that focuses on strength and control of the muscles around the spine and pelvis. Improving postural awareness through controlled movement patterns which is achieved through a progressive series of special exercises.

The benefits of Pilates.

By learning and producing movement that has quality and control can help:

- Reduce incidents of spinal pain
- Improve flexibility
- Greater strength and muscle tone
- Improve posture
- Greater joint mobility
- Lower stress levels

Pilates involves eight fundamental principles.

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|-----------------|---------------------------|
| 1 Relaxation | 5 Stability or 'Centring' |
| 2 Concentration | 6 Co-ordination |
| 3 Alignment | 7 Flowing Movements |
| 4 Breathing | 8 Stamina |



What is Clinical Pilates and how can it help you?

Clinical Pilates is a group Pilates based exercise class and is led by a fully qualified Senior Chartered Physiotherapist.

Clinical Pilates uses modified Pilates techniques to deliver a safe, effective and enjoyable way of strengthening your spinal stabilising muscles.

This programme is based upon the Australian Physiotherapy & Pilates Institute (APPI) research and established Physiotherapy stability techniques.

How does it work?

Initial Assessment

All participants are required to undergo an initial assessment with a Physiotherapist prior to attending the classes to ensure suitability.

Classes

Classes are then purchased in blocks of 6 with each class lasting between 45 minutes to 1 hour. These are to be booked in advance, to gain the most benefit it is recommended you attend regularly.

What to wear and bring to the classes

Please ensure you wear comfortable, loose fitting clothes which allow free movement. We advise you also bring a bottle of water and a towel to the class.



Important information

If your medical status (or any medical condition) has changed in any way from your initial assessment, please inform your class instructor.

Prices

The initial assessment costs are £39 for non-gym members and £31 for gym members who receive 20% off.

Classes are booked as a block of 6:

Courses of 6 x1 hour

Classes for non-gym members

£67

Courses of 6 x1 hour

Classes for gym members

£53

Spaces are limited and booking is essential.

If you can no longer attend a class please give at least 24 hours notice.

Book your initial assessment or block of 6 classes at reception today.



Nuffieldhealth.com/clinical-pilates