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INSPIRE Pilates.... what every woman needs to know.

What is INSPIRE Clinical Pilates?

Clinical Pilates is pilates designed by physiotherapists. At INSPIRE Physiotherapy for Women, we use our extensive knowledge to design an individualised program for each woman based on her needs.

Every Woman can benefit from INSPIRE Clinical Pilates, whether it be to ease pain, improve posture, improve pelvic floor muscle strength, or just wanting to get stronger, flatter abdominal muscles.

Before commencing classes, we take you through your program individually for a minimum of 3 sessions using the reformer and trapeze table. Classes are kept at only 3 participants to ensure that you receive the care and attention that you deserve.

INSPIRE Clinical Pilates Timetable

Day	Times
Monday	10am, 10.45am
Tuesday	6.15pm, 7pm, 7.45pm
Wednesday	10am, 1.45pm
Thursday	6.20pm, 7.05pm, 7.50pm
Friday	9am
Saturday	8am, 8.45am

All classes held at 1/35 Woods Street, Beaconsfield