



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

What is INSPIRE Matwork Pilates?

Matwork pilates is a modification of traditional pilates. INSPIRE Matwork Pilates incorporates fitballs, bands and other pilates equipment to challenge your deep muscles (pelvic floor and abdominal muscles), at the same time as toning all muscle groups. Class sizes are limited to 10 participants to ensure that you receive the care and attention that you deserve. All classes are conducted by physiotherapists with a special interest in women's health.

Every Woman can benefit from INSPIRE Matwork Pilates, whether it be to ease pain, improve posture, improve pelvic floor muscle strength, or just wanting to get stronger, flatter abdominal muscles. These classes are also ideal for pregnancy and motherhood.

Classes held at:

- **Brentwood Park Neighbourhood Centre, 21A Bemersyde Drive, Berwick (Mon & Thurs)**
- **Beaconsfield Neighbourhood Centre, 8 O'Neil Road, Beaconsfield (Wed)**

INSPIRE Matwork Pilates Timetable

Day	Times
Monday	7pm & 7.45pm
Wednesday	6.45pm
Thursday	10.30am

All women must have an assessment prior to commencing classes. This involves

- discussing any aches/pains or issues
- discussing pelvic floor muscle exercises
- introduction to the principles of pilates.

This assessment and classes are able to be claimed with 'physio extras' private health insurance.

TERM 3 DATES 2010

Monday 7pm/7.45pm Wednesday 6.45pm Thursday 10.30am

1	12 th July	14 th July	15 th July	1
2	19 th July	21 st July	22 nd July	2
3	26 th July	28 th July	29 th July	3
4	2 nd August	4 th August	5 th August	4
5	9 th August	11 th August	12 th August	5
6	16 th August	18 th August	19 th August	6
7	23 rd August	25 th August	26 th August	7
8	30 th August	1 st September	2 nd September	8
9	6 th September	8 th September	9 th September	9
10	13 th September	15 th September	16 th September	10