

# PhysioPILATES

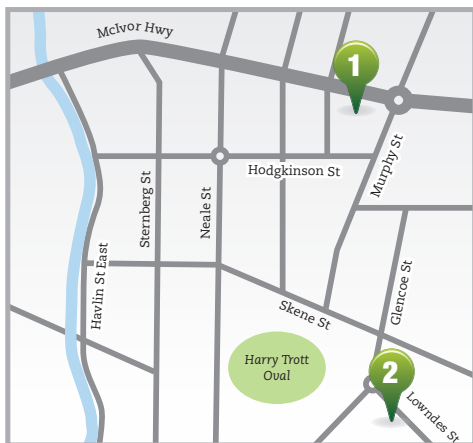


## Group Matwork PhysioPILATES

Thank you for your interest in our PhysioPILATES Programs.

We offer classes to suit all levels of fitness and experience, and the opportunity for progression from our Essential Series to the more advanced Intermediate Classes.

All of our classes are held at our specialised Clinical Exercise Studio in Lowndes Street.



### Find us at:

- 1 Main location**  
86 McIvor Rd, Bendigo
- 2 Studio location**  
3/11 Lowndes St, Kennington

## Essentials Series (6 week course)

**This is the starting level for beginners - a comprehensive introduction to PhysioPILATES principals with a gradual increase in degree of difficulty over 6 weeks. It includes invaluable education in explaining your 'core muscles' - what (and where) are they, and how to switch them on.**

The Essentials Series includes:

- One 45 minute class/week for 6 consecutive weeks
- An emailed exercise program for you to practice at home
- A complimentary trial of an Intermediate Class at the conclusion of the Essentials Series.

Please note that an individual physiotherapy assessment is required prior to commencing the Essential Series.

**\$162**  
(less if you are insured by BUPA or MBP)

## Intermediate Classes

**These classes are for those who have completed our Essentials Series, and are wanting to be extended by more advanced exercises - using swiss balls, flexbands, stability balls and pilates rings.**

These classes are not progressive in level of difficulty, but offer a varied and challenging session each week.

But importantly, because all of our instructors are physiotherapists we are able to modify the level of difficulty within each exercise so you can be confident that you will be working at a safe level consistent with your ability.

6 session pass - \$132  
10 session pass - \$200  
Casual rate - \$26/class

*Please note that passes are not transferable and non-refundable, and are valid for 12 months.*



### Please see attached for current timetable

*\* Private Health Insurance rebates generally apply. Please refer to your fund for details (quote physiotherapy code 561). Please note that the HCF fund do not cover group PhysioPilates.*

### PhysioPILATES payment options

To secure your place, payment is required one week prior to the commencement of the Essential Series. Please call us on 54435411 to reserve your place.

Payment can be made at our main practice at 86 McIvor Rd Bendigo, via credit card over the phone, or by Direct Deposit:

Fusion Physiotherapy | BSB: 083 543 | Account No: 17-386-5328 | Please use your name as reference

# PhysioPILATES - Registration Details

1. Name: \_\_\_\_\_ 2. D.O.B. \_\_\_\_\_

3. Address: \_\_\_\_\_

4. Phone: (H): \_\_\_\_\_ (W): \_\_\_\_\_ (M): \_\_\_\_\_

5. Occupation: \_\_\_\_\_

6. Treating Physiotherapist (if applicable): \_\_\_\_\_

### 7. Emergency contact

Name: \_\_\_\_\_

Relation: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### 8. Do you have Private Health Insurance?

Yes If yes, who with: \_\_\_\_\_  
No

### 9. Does your work, leisure, or sport involve the following for long periods?

- Sitting
- Standing
- Bending
- Driving
- Lifting
- Other repetitive action: \_\_\_\_\_

### 10. Have you done Pilates before?

Yes  
If yes, please select which style:  
Studio (equipment)  
Matwork  
DVD  
Other  
And for how long did you do this?  
No

### 11. Do you have any of the following?

- Blood pressure problems - detail: \_\_\_\_\_
- Heart problems - detail: \_\_\_\_\_
- Diabetes - detail: \_\_\_\_\_
- Breathing / Lung problems - detail: \_\_\_\_\_
- Epilepsy - detail: \_\_\_\_\_
- Dizziness - detail: \_\_\_\_\_
- Arthritis - detail: \_\_\_\_\_
- Low back pain - detail: \_\_\_\_\_
- Neck pain - detail: \_\_\_\_\_
- Thoracic pain - detail: \_\_\_\_\_
- Headaches - detail: \_\_\_\_\_
- Stiff joints - detail: \_\_\_\_\_
- Other medical condition not already mentioned: \_\_\_\_\_

### 12. Are you pregnant?

Yes /40 Due date: \_\_\_\_\_  
No

### 13. Have you had a baby in the last 12 months?

Yes How was your baby delivered? \_\_\_\_\_  
No

### 14. What are your reasons for starting Pilates?

### 15. What do you hope to achieve by attending these classes?

#### IMPORTANT INFORMATION

Please advise us before commencing any session if, for any reason, your health or your ability to exercise changes (i.e. muscle soreness, joint pain, pulled muscles, minor injuries etc). If you are performing stability exercises correctly you should not experience pain so please inform the physiotherapist immediately if you feel any discomfort during a session or after a previous session.

Exercise mats are provided, please wear comfortable clothing and bring your own water bottle.

**I confirm that I have read and understood the above advice and that the information I have provided is correct.**

Client name: \_\_\_\_\_

Date: \_\_\_\_\_

Submit

or

Print