



Beginners Pilates

What is the class for?

This is a clinical Pilates class led by physiotherapists to help tone and strengthen your core muscles.

It also aims to improve flexibility and posture

Only complete these exercises if you have been instructed to do so by your Physiotherapist or GP.

Some discomfort is normal with these exercises but try to avoid pushing into pain.

If you have persistent increased pain, please stop all exercises and contact your medical practitioner.

What do I need?

An exercise mat and a small rolled towel or cushion are desirable but not essential.

The exercises will be performed in standing, side lying, lying on your back and sitting.



URL: <https://youtu.be/OpWNraaJvWQ>

Kind and caring } *Respectful* } *Trust and integrity* } *Personal responsibility* }

