



MODIFIED PILATES

Beginners Matwork Class for Low Back Pain

Wednesday: 9.45-10.45am



What is Modified Pilates?

Modified Pilates, designed by Physiotherapists, breaks down Traditional Pilates exercises into therapeutic exercises for people with low back pain.

Led by our friendly **Chartered Physiotherapists** in small groups (max 6 people). The exercises aim to:

- Retrain the deep abdominal and back muscles to reduce the recurrence of low back pain
- Restore muscle balance
- Improve postural awareness
- Improve spinal mobility and flexibility

Suitable for:

- All ages and fitness levels with low back pain
- Male and female

Cost: £60 for 6 week course.

For more information contact our **Bookings Department** on 01892 600815.

(We recommend you seek medical advice prior to commencing any new form of exercise.)

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