



MAT PILATES



Mat PILATES CLASSES

Pilates is a method of whole body exercise designed to improve daily activities and livelihood. There is an emphasis on core work and using core strength to develop functional and sustainable movement patterns throughout the body.

Mat Pilates is a form of low impact exercise on a Pilates mat on the floor and can involve small pieces of equipment such as resistance bands and Pilates balls. It's an awesome way to increase flexibility, core strength, joint stability and to improve postural alignment and encourage good movement patterns.

Mat is an excellent introduction to Pilates for beginners. Our Mat Pilates classes cover all the fundamentals of core control and traditional Pilates principles which will help you activate the deep stabilising muscles of the body and tune into your breath, creating a fluid mind-body connection.

Pilates is recommended for overall health, injury prevention, and rehabilitative purposes.

7 Windsor Street, Invercargill
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Price list

MAT PILATES

New client intro offers:

Sign up for a
**5x CLASS
INTRO PACKAGE**
and receive:

1x Class **HALF PRICE**
FREE Pair of Pilates Grip Socks

JUST \$90
TOTAL VALUE \$120

Sign up for a
**10x CLASS
INTRO PACKAGE**
and receive:

1x Class **FREE**
FREE Pair of Pilates Grip Socks

JUST \$180
TOTAL VALUE \$220

STANDARD PRICING:

Casual Class	\$20
5x Class Package	\$100
10x Class Package	\$200
1:1 Private Mat Pilates Sessions 40min	\$60

MAT PILATES CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9.30AM-10.30AM	5.30PM-6.30PM	9.30AM-10.30AM	6.00AM - 7.00AM 5.30PM-6.30PM