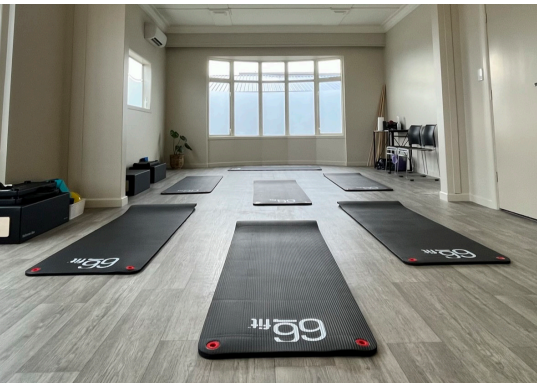




# MAT PILATES



## *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**  
Phone 03 217 4983 [windsorphysio.co.nz](http://windsorphysio.co.nz)

# 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	FRIDAY
9.30AM-10.30AM	5.30PM-6.30PM	9.30AM-10.30AM	6.00AM - 7.00AM 5.30PM-6.30PM (INTERMEDIATE)	4.00PM-5.00PM