



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.

Classes are held at 7 Windsor Street, Invercargill

Phone 03 217 4983

windsorphysio.co.nz

Price list

MAT PILATES

New client intro offers:

Purchase a
**5x CLASS
INTRO PACKAGE**
and receive:

5x Mat Pilates Classes plus a
FREE Pair of Pilates Grip Socks

JUST \$90
TOTAL VALUE \$122

Purchase a
**10x CLASS
INTRO PACKAGE**
and receive:

10x Mat Pilates Classes plus a
FREE Pair of Pilates Grip Socks

JUST \$180
TOTAL VALUE \$222

STANDARD PRICING:

Casual Class	\$20
5x Class Package	\$100
10x Class Package	\$200
1:1 Private Mat Pilates Sessions 40min (contact Windsor Physio to book)	\$60

Our Mat Pilates class bookings are done via the Gymcatch App

Search your app store to download Gymcatch then:

1. Register, search for Windsor Physio & follow us
2. Click on Available Packages to purchase a package
3. Click on the Calendar to book your classes!

MAT PILATES CLASS TIMETABLE

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