



	Monday	Tuesday	Thursday	Friday	Saturday
7:30		Clinical		Clinical	
8:00					Mama To Be
9:00					Mama
9:30			Mama		
10:00					Clinical
11:30			Mama		
12:15		Mama		Mama	
1:00			Clinical		
2:00	Mama	Prolapse Safe	Clinical		
3:00		Bone Density	Clinical		
4:00			Clinical		
6:00	Mama To Be				
6:30			Clinical		
7:00	Clinical				

Mama To Be Pilates Classes are for pregnant women beyond 12 weeks.

Classes on Monday night are led by physiotherapist, **Annette Beauchamp**.
Classes on Saturday morning are led by Pilates teacher **Shiloh Savage**.

Mama Pilates Classes are for women who have babies up to 12 months old.

Classes on Monday, Tuesday and Friday are led by physiotherapist, **Annette Beauchamp**
Classes on Thursday are led by Pilates teacher, **Zoe Arunan**.
Classes on Saturday are led by Pilates teacher, **Shiloh Savage**.
Note, Friday's class is held in the park. (and in the clinic depending on the weather)

Clinical Pilates classes are for women and men who have injuries requiring rehabilitation and for general fitness.

This includes Prolapse Safe and Bone Density classes.
Classes are led by physiotherapist, **Annette Beauchamp** on most days.
Zoe Arunan leads Thursday morning classes.
Shiloh Savage leads Saturday morning classes.

Assessment prior to joining a class:

Health insurance companies require an assessment prior to participating in classes.
SHE Physio Pilates also requires an assessment prior to participating regardless of insurance status. This is both a safety requirement and important for setting goals for pilates and exercise.

Class Costs:

Mama To Be and Mama Pilates
Physiotherapist \$34 per class and \$300 for a 10-pack
Pilates Teacher \$25 per class

Clinical Pilates/ Exercise
\$65 per class and \$600 per 10-pack.

BOOKINGS ONLINE
shephysiopilates.com
0408 465 312