

Physiotherapist Pilates Information

Pilates Instructors

Insun Lee B.Sc (Physio) - Specialist Pilates Physiotherapist

Christian Eyres B.Sc (Physio) - Specialist Pilates Physiotherapist



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Location and Duration

- All Pilates sessions are held at Bodysmart Health Centre, Level 3, 220 St Georges Tce, Perth
- Sessions run for 45 minutes, 1 or 2 times per week (depending on option chosen)
- Please refer to timetable below for course times
- The schedule times or class levels may alter so please refer to Bodysmart reception for updated timetables
- Courses will commence once the classes are full
- All class times are located on our Pilates timetable

Course Options and Overview

- **Beginners Pilates Program (6 weeks):** Suitable for people who have little or no Pilates experience or for those that are recovering from an injury. The first session will include detailed instruction on how to properly contract “core muscles” and then progress gradually from week to week to safely prepare you for higher level programs or effective home or large group based Pilates sessions.
- **Intermediate Pilates Program (6 weeks, option of 1 or 2 x per week):** Suitable for students who have previously attended Physiotherapist Pilates and are not recovering from serious injury. Exercises are at a higher level and generally progress and flow faster.

- **Intermediate Program (Casual Attendance):** Recommended for those that can not commit to a six week program due to work or holiday commitments or want to “top up” intermittently between weekly sessions. Per session fees are higher.
- **Advanced Pilates Program (6 weeks):** *Participants must be progressed to this class by one of our instructors. This series is suitable for students that have high level core strength and flexibility.*
- **Manlates Program (6 weeks):** *Pilates and exercise designed by men for men! Focuses on flexibility, core strength in the areas that guys need it most. Initial session gauges your status and identifies areas that need most work. Subsequent sessions integrate a range of Pilates and resistance work using dumbbells, fitballs and body resistance to get you in fine form.*
- You will be exercising with a maximum of 4 other participants in a large mirrored room therefore expect a lot of hands on attention from the instructor.
- You are invited to attend an optional initial 30 minute 1:1 session with a Specialised Pilates Instructor to help you get the most out of your program, and help you set goals.
- All equipment required for the class is available for use during the session (including foam blocks, mats, fitballs and theraband).

What to bring

- Loose fitting clothes, and drink bottle (water only permitted).
- **You MUST bring your own towel.** If you forget your towel a towel may be hired at a fee of \$2.50.
- Try to avoid bringing valuables - no responsibility will be taken.
- Please note that there are NO shower facilities on site our St Georges Terrace location.

Key Benefits of This Program

Some general benefits of Physiotherapist Pilates include:

- The correction of poor mechanics that underlie injuries
- Improved posture and flexibility
- Firmer and flatter stomach muscles
- Improved core stabilisation
- Better control over breathing
- Less likelihood of injury
- Overall body toning
- Safe injury management



Course Fees, Payment & Health Fund Rebates

- Bodysmart offers either a 6 week program for \$180 or casual attendance at the rate of \$37.50 per class.
- You are required to complete an enrolment form and pre-pay the full course fee (via cash, EFTPOS OR card) to secure a place in a 6 week program.
- When you pay your course fee (\$180) you will be issued with a payment receipt for your records. Weekly “health fund” claimable receipts will also be issued by reception following each attendance. This health fund receipt will allow you to claim a private health rebate through your private health insurance provider (online or at their branch).
- Due to the large volume of participants attending these sessions, Bodysmart is unfortunately unable to process “pay and claim per session” using our HICAPS machine.
- As this program is run by a qualified Physiotherapist, private health rebates apply for those who have Extras cover.
- Health fund Rebates will differ depending on the level of Extras cover you have. To find out exactly how much you will get back- contact your health insurance provider and ask what they will give you back for “HICAPS code 560”.
- If sufficient notice is given to Bodysmart, you are permitted to miss up to **1** session over the 6 week course (due to work commitments, leave or illness). Refer to enrolment form for full terms and conditions regarding this credit.
- To reserve your place in the subsequent Pilates course, you will be required to submit your re-enrolment before Week 4 of your current course. If we do not receive the re-enrolment form by Week 4 we may be unable to hold your position in your preferred time slot.



Class Etiquette

Talk with your instructor: Speak with your Pilates Instructor before commencing about any injuries, back problems or other concerns. If you experience any problems during the class, immediately discuss this with your instructor – they are there to help you!

Light stomach: Avoid large or heavy meals 1-2 hours before class. Ideally, it is recommended to come to class with an empty stomach.

Be comfortable: It’s important to feel completely comfortable throughout the class. Avoid wearing restrictive clothing. Shoes are not permitted, barefoot is preferable as this will also assist with holding Pilates positions.

Don't over do it: Physiotherapy Pilates aims to provide strengthening in a safe environment. Never push yourself to the point of pain. It is better to ease your way gently rather than strain or overstretch. Please discuss any discomfort with your instructor.

Hygiene: Pilates can heighten your senses, including smell. Avoid wearing powerful scents or perfumes and please come to class clean.

Work to your level: It is perfectly alright to take a more basic variation of the exercises being taught. If you are having any pain or difficulties with an exercise please feel free to request an alternate exercise or level.



For more information please contact Bodysmart on 9481 8708 or email reception@bodysmart.com.au