

Reformer Pilates and Functional Strength training are coming to

Bodysmart in July!

Physiotherapist supervised Functional Strength Training



Physiotherapy Directed Rehabilitative Functional training bridges the gap between hands on treatment and return to sport, exercise or gym. Our experienced Physiotherapists can create fully balanced functional strength and conditioning programs that will enhance your performance and maximise your function.

This progressive approach to rehabilitation integrates a range of functional training equipment such as a high spec dual adjustable pulley, foam roller and weights. Bodysmart can develop and progress a training program that you can safely perform at home using exercise tubing or in a gym using cables.

Having a balanced program in place will also ensure that you are strengthening the muscle groups to safeguard you against future injury. It will also help you to boost performance and help you to get back to your chosen sport pain free.

As Functional Training at Bodysmart is instructed by Physiotherapists, it is billed as a physiotherapy consult and health insurance rebates may apply.

Physiotherapist supervised Clinical Pilates (Reformer & Cadillac)

Clinical Pilates is a form of exercise that conditions your whole body. It focuses on improving posture, core stability, balance, flexibility, mobility and strength. For a long time Bodysmart has run mat classes. In July, Bodysmart is expanding its service offering to you through the introduction of the Pilates Reformer and Trapeze / Cadillac Reformer. These apparatus open up a huge scope of exercise potential over and above routines on the mat. As Clinical Pilates at Bodysmart is instructed by Physiotherapists, it is billed as a physiotherapy consult and health insurance rebates may apply.





Comprehensive Pre training Assessment

To ensure we have a high level understanding of your baseline status we will start with a 1 hour Comprehensive Assessment where we take a detailed past and present medical history, assess your movement patterns, mobility and flexibility and your core. From there we offer a choice of individual 30 or 40 minute 1-1 sessions or our class based 45min session with 1 instructor to 3 clients. We offer individualised sessions tailored to your own presentation and goals.

For the month of July we are offering the first 10 clients 50% off the initial comprehensive assessment rate. This is a limited offer so book now!

Key Features and Benefits of Exercise Sessions:

- All sessions run by qualified and experienced Physiotherapists
- Our sessions will incorporate The Pilates Reformer, Cadillac (Trapeze table), Wunda Chair and Functional Trainer, Weights and more
- Up to 90% Private Health Rebates can be obtained for sessions
- All sessions are individually customised to help you achieve your goals faster
- Integrates \$25,000 worth of state of the art Functional Training and Pilates equipment
- 1:1 or 1:3 (instructor : client ratio) 45 minute sessions maximise gains



Express your interest now for a chance to win one of
three, **1 hr comprehensive pre training initial assessments**

by one of our Physiotherapists.

To register, email reception@bodysmart.com.au or

call 9481 8708.