






	Description	Duration	Locations	Referral/Procedures
	<b>CLINICAL PILATES</b> Pilates exercises performed on equipment. Ideal for recovering from injury or sport specific rehabilitation.	45-50 mins	Altona Meadows Hoppers Crossing Port Melbourne Taylors Lakes	Our Physiotherapists individually assess you and write a program based on your needs
	<b>REFORMER CIRCUIT</b> Group class using only reformer.	40 mins	Hoppers Cross	NIL
	<b>FLOOR PILATES</b> Group Floor classes ideal for those wanting a more strenuous workout and who do not have injury restrictions	50 mins	Altona North	NIL
	<b>HYDROTHERAPY</b> Small group classes in specialised hydrotherapy pool (36 degrees). Exercises are supervised by a Physiotherapist in the water.	60 mins	Altona Meadows Altona North Hoppers Crossing Taylors Lakes	Physiotherapy land based assessment performed first.
	<b>HEALTH GROUP</b> Mens' and Womens' Group training session with Exercise Physiologist.	60 mins	Hoppers Crossing	NIL

Cost: Please refer to relevant clinic for individual costings.