

PRIVATE PILATES CLASSES

Thank you for your interest in private Pilates classes. Private (or duo) classes are a great way to receive a tailored session for your individual needs. This can be very helpful if you have a spinal condition such as scoliosis; are recovering from an injury; or simply do shift work making a regular class difficult. Classes run for 60mins and are available during normal clinic hours (see below).

How often should I do a private class?

Ideally a weekly or fortnightly session is required in order for you to notice results but if you are dedicated to practice Pilates at home we can work out a home routine for you to use in between sessions.

How much does it cost?

- Private class for one person \$60
- Duo class for two people \$70 (\$35 each)

Private health insurance rebates are not available for Pilates.

What times are available?

Mon 2pm, 3:30pm, 5pm*

Tues 9am, 10:30am, 12pm, 2pm, 3:30pm

Wed 10:30am, 12pm, 2pm, 3:30pm, 5pm*

Thurs 10:30am, 12pm, 2pm, 3:30pm, 5pm

Sat 9am, 10:30am, 12pm, 2pm, 3:30pm

* There is a possibility of a later class on Mon and Wed if required.

What do I need to bring?

On your first visit bring the registration form and any medical information that you think is relevant e.g. x-ray reports, ultrasound reports etc.

On follow-up sessions you don't need to bring anything. All mats and equipment are provided.

What should I wear?

Wear comfortable clothing that allows ease of movement e.g. leggings, long shorts, trackpants, t-shirt. You can wear socks or bare feet. The clinic room has air-conditioning, fan and heater to keep you at a comfortable temperature.

Address and directions to the McLaren Vale clinic:

- 26a Chapman Ave, McLaren Vale. You will see the green sign hanging from the verandah.
- This is a home clinic so it is a normal residential street and you can park anywhere on the road.

Can I book online?

Yes absolutely! You can [book online here](#) or via the booking button on the [home page](#) of the website. If online booking is not your thing simply contact me via email or phone.

Warm regards,

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