



Physiotherapy/Pilates Classes

Group based or 1to1

Physiotherapist led Pilates



SANDYMOUNT[®]

PHYSIOTHERAPY CENTRE

Beginner, Intermediate & Advanced Classes Available

Pilates

1. (Noun) A form of dynamic stabilization retraining that reconditions the body from the central core to prevent the reoccurrence of and treat a range of musculoskeletal and neurological conditions

Course to include individual assessment + 6 (1 hour) sessions providing an *individually tailored Pilates programme*

Please enquire for price of courses

91 Corporation Street – St Helens – Merseyside – WA10 1SX

01744 345 299

info@sandymountphysio.com