



Be Your Best Physio CLASS TIMETABLE



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
9:00 – Reformer Pilates 9:40 – Reformer Pilates 10:20 – BYB Strength 5:40 – Reformer Pilates 6:20 – Reformer Pilates	9:00 – Reformer Pilates 9:40 – BYB Strength 10:20 – Post Natal Recovery class 2:00 – Reformer Pilates	9:00 – Reformer Pilates 9:40 – Reformer Pilates 2:00 – Reformer Pilates 5:40 – Reformer Pilates	9:20 – Reformer Pilates 10:00 – BYB Strength 10:40 – <i>Post Natal recovery class (coming soon)</i> 2:00 - Hydrotherapy 5:40 – Reformer Pilates	9:00 – Reformer Pilates	8:40 - Reformer Pilates

ONLINE bookings required for reformer pilates classes (beyourbestphysio.com.au)

NEW CLASS CANCELLATION POLICY:

To keep our Pilates class price as low as possible, we have reviewed our class cancellation policy.

Make-up classes and moving credit to an alternate class, is no longer available if you are unable to attend your booked class.

DID YOU KNOW WE NOW OFFER INDIVIDUAL PILATES SESSIONS? Available 11am - 3pm Weekdays

REFORMER PILATES (30mins): Our Reformer Pilates classes (also known as Clinical Pilates) are conducted on Reformer beds which allow the exercises to be made easier or more challenging by adjusting the tension on the springs. Instructed by Physiotherapist, Reformer Pilates is ideal for people recovering from illness or injury. Our classes are small to ensure we can provide individual feedback and modify the class to suit your needs.

PREGNANCY FRIENDLY REFORMER PILATES (30mins): Pregnant participants are welcome to join any of our Reformer Pilates classes. Pilates during pregnancy helps to maintain muscle tone, improve flexibility, reduce fatigue & muscular aches during pregnancy & can encourage a faster recovery following the birth of your baby.

POST NATAL RECOVERY CLASS (30mins): Abdominal Separation (DRAM) is common after pregnancy and if not rehabilitated, women are more at risk of back-ache, hernias, pelvic girdle pain and pelvic floor dysfunction - so it's essential to repair these muscles after pregnancy. This class combines Pilates and strength exercises to safely rehabilitate abdominal and pelvic floor muscles, enhance posture and improve strength.

BE YOUR BEST STRENGTH CLASS (30mins): This strength class focuses on increasing muscle tone, improving posture, increasing bone density and preventing injury. Suitable for any age or condition (ideally 50+ years of age) – can be adapted to suit injuries and no need to get up & down off floor

HYDROTHERAPY (30mins): Our Hydrotherapy classes are conducted by BYB Physiotherapists at Casey RACE and combine cardio-vascular and toning exercises to reduce pain, improve fitness, maintain strength and enhance posture. No payment required at pool – accounts to be settled at the clinic. Hydro can be claimed on Private Health Insurance Extras coverage on the day of class (at the clinic).

ONLINE PILATES BOOKINGS:

Head to www.beyourbestphysio.com.au and select “**Make booking**” button (on top right of our website or in menu on mobile devices).

You will need your individual online booking code or enter your details online.

Please select “30 minute Reformer Pilates class” as your appointment type & your provider “Pilates classes”.

You can then select your class day and time & book classes **up to 3 months ahead**, or week to week (whatever suits you best).

Payment is required at time of booking by credit card, Google Pay or Apple Pay.

**For assistance, please call 5996 2693 or email help@beyourbestphysio.com.au
or see our online help video (www.beyourbestphysio.com.au/our-videos/) or Youtube https://youtu.be/TqxrJAm_pSI**