



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	9:00 – Reformer Pilates 9:40 – Reformer Pilates 2:00 – Reformer Pilates 5:40 – Reformer Pilates	9:20 – Reformer Pilates 10:00 – BYB Strength 10:30 – BYB Strength 2:00 – Hydrotherapy ** 6:00 – Reformer Pilates	9:00 – Reformer Pilates	9:00 - Reformer Pilates 9:30 – Reformer Pilates (when earlier class is full)

****Hydrotherapy is claimable on Private Health Insurance Extras Coverage**

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

REFORMER PILATES - NEW CLASS CANCELLATION POLICY:

To keep our Pilates class prices 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.

REFORMER PILATES (30mins): Our Reformer Pilates classes are conducted on Reformer beds which allow the exercises to be made easier or more challenging by adjusting the tension on the springs. 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).

GLAD PROGRAM (60mins): An exercise and education program for people with hip and knee arthritis. Research shows the program reduces pain, reduces analgesia use and improves confidence. GLAD classes are claimable on private health insurance. **Returning in 2024!**

ONLINE PILATES BOOKINGS FOR REFORMER PILATES:

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**