



# PILATES

WITH



**Physiotherapy**  
**@Carefirst**

## **PHYSIO LED, CLINICAL PILATES**

Small group mat classes for all abilities.  
Led by Ash Day - Fully qualified  
physiotherapist with expertise in Pilates.

**LOCATION:** Westtown, New Plymouth

### **TIMES:**

- » **Monday**      4:15 - 5:15pm  
                         5:30 - 6:30pm

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- » **Tuesday**     7:00 - 8:00am\*  
                         **\*Intermediate**  
                         9:15 - 10:15am

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- » **Friday**        9:15 - 10:15am

### **BENEFITS:**

- » Core Strength
- » Improvements in Posture
- » Increase Flexibility & Body Control

### **PILATES WILL BENEFIT YOU IF YOU HAVE:**

- » An Injury
- » Chronic Pain
- » Arthritis
- » General Tightness

*There is no limit to age or ability and  
you don't need to have an injury to  
benefit from Pilates.*

**CONTACT PHYSIOTHERAPY@CAREFIRST**

For more information or to book, phone: 06 753 4702 | [admin@physiocarefirst.co.nz](mailto:admin@physiocarefirst.co.nz)

[www.physiocarefirst.co.nz](http://www.physiocarefirst.co.nz)