

Pilates Matwork

Core Module – to be completed (physiotherapists excepted)



We offer Matwork 1-2-3. Each module is given over two days 9am-5pm.

These courses are aimed at both Fitness Instructors and clinical physiotherapist wishing to expand their repertoire of exercises to enhance posture, intersegmental stability and body awareness.

The aim of this series is to provide a sound understanding of the history, principles, and Pilates exercise regimes which have been used for toning, strengthening, core stability and rehabilitation of injuries for many years by its practitioners.

Core stability or segmental stabilisation is the principal basis of Pilates which is now known to be essential in back pain rehabilitation.

A thorough understanding of the principles and practice of the Pilates exercises will allow the practitioner to design and implement a successful programme for their clients whether they are a fit population, an aging population, a sporting group of elite athletes looking for an edge in their competition, or a more symptomatic clientele.

These courses are accredited by Fitness Australia
For all enquiries including course costs and dates call or email our office:

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