



BODY CONTROL AUSTRALIA P/L

The Pilates Rehabilitation Specialists™ est. 1986

PO Box 1099, Chatswood, NSW 2057

ABN: 25 003 685 372

Tel: (02) 8920 2622 Fax: (02) 8920 2633

Internet: www.pilatesinchatswood.com.au email: allan@pilates.net

T/A Body Control Pilates™ and Pilates Studio

“THE SYSTEM” to produce results.

1. Initial consultation.

Your initial consultation is your introduction to the Menezes Pilates Method of Body Conditioning, Rehabilitation Results and Sports Performance.

This consultation lasts 90 minutes and covers the following:

- Completion and discussion of a pre-activity questionnaire covering any past injuries and structural issues
- Explanation of the Menezes Pilates Theory covering:
 1. Breathing technique
 2. Core activation
 3. Standing posture
 4. Walking gait analysis
 5. Stable Spine vs Neutral Spine
 6. Menezes Position and how it strengthens your Core, etc.
- Stretching and warm-up routine covering
 1. Standing Roll Down
 2. Stamina Stretch
 3. Quad Stretches
 4. Hamstring Stretches
 5. Side Blasts
- 3 Floor exercises to gauge your strength, co-ordination and flexibility.

It is imperative that you complete your next session within 48 hours of the initial consultation and 2 further sessions within a week after that to see any start of results. (Further sessions are semi-private with no more than 4 people in the class). All classes are equipment based and involve floor and the variety of Pilates Equipment in our fully equipped studio.

As results vary from person to person, some may see immediate results, others take time, depending on body composition, type of injury or structural problem, etc.

What you will see is that Menezes Method Pilates is far more challenging than regular Pilates classes and the information you receive in your instruction is at a much higher level with more detail in the explanation of the movements.

The Pilates Studio.

Australia's Pilates Pioneers

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