



Adelaide Hills' Premier Physiotherapy and Pilates Studio

GROUP REHAB SESSIONS

These sessions are all run by Physiotherapists and offer a personalised experience using specialised equipment like the Reformer, Trapeze Table, Multi Chair, and Ladder Barrel. Each program is tailored to individual needs, whether for injury recovery, athletic training, or enhancing movement skills at an advanced level. With a physio available for guidance for 30 minutes of each session, participants work at their own pace, and to ensure optimal progress, treatment plans are reassessed every 3-4 months.

These sessions may qualify for private health fund rebates if eligible. Typically, 8-10 Individual Rehab sessions are recommended before transitioning to Group Rehab sessions, allowing for a fully customised approach to your goals.

STRONG & STABLE

Designed for those with movement limitations, our gentle movement classes offer a safe space for both sitting and standing exercises. Improve your balance, strength, and stability with targeted exercises that help prevent falls and injuries, making daily tasks easier and life more enjoyable.

These sessions are perfect for anyone with low bone density, osteoporosis, or difficulty getting up from the floor, as well as those recovering from injuries. Our focus on weight-bearing and functional exercises supports your overall health, reducing the risk of injury as you age. We recommend 1-2 physiotherapy sessions beforehand for optimal benefit.

BONE BUILDERS

Join our one-hour rehab classes, held twice a week, specifically designed to boost your bone health and overall fitness. Using ankle and hand weights and weight-bearing exercise, our focus on resistance training and impact exercises starts the process of building bone density. Our other key goals are strengthening muscles to support joints, improve balance and coordination to reduce the incidence of falls, and improve spinal posture to counteract the risk of osteoporotic crush fractures.

Take control of your health with this empowering program and build the strong bones you need to stay vibrant, active, and confident in every stage of life.

PREGNANCY & POSTNATAL

Join our specially designed exercise classes for pregnant women of all abilities. Focused on building low back and pelvic strength, as well as upper back mobility and posture, we incorporate small weights, resistance bands, fit balls, and mats. Each week, we'll help you adapt your core, leg, glute, and back movements as your body changes.

After your baby arrives, these classes also support early postnatal women in rebuilding pelvic floor, abdominal, and glute strength. Bring your baby (up to crawling) to this friendly, nurturing environment. Classes are available from six weeks postpartum, following your physio postnatal assessment.

	MON	TUE	WED	THU	FRI	SAT
7am	GRS Claudia Arcade Studio			GRS Claudia Arcade Studio		
8am	GRS Claudia Arcade Studio	GRS Kelly Arcade Studio	GRS Vicki Arcade Studio	GRS Claudia Arcade Studio	GRS Vicki Arcade Studio	GRS Arcade Studio
9am						GRS Arcade Studio
9.30am	GRS Caitlin Arcade Studio	GRS Kelly Arcade Studio	GRS Caitlin Arcade Studio		GRS Claudia Arcade Studio	
10.30am						GRS Arcade Studio
11am	BONE BUILDERS Belinda Tiers Studio				BONE BUILDERS Rachel Tiers Studio	PREGNANCY & POSTNATAL Tiers Studio
11.30am	GRS Claudia Arcade Studio	STRONG & STABLE Claudia Arcade Studio	GRS Vicki Arcade Studio	GRS Kelly Arcade Studio	GRS Kelly Arcade Studio	GRS Arcade Studio
1pm	GRS Gwendalyn Arcade Studio	GRS Gwendalyn Arcade Studio	GRS Kelly Arcade Studio	GRS Vicki Arcade Studio	GRS Vicki Arcade Studio	
4pm	GRS Gwendalyn Arcade Studio	GRS Rachel Arcade Studio	GRS Caitlin Arcade Studio	GRS Vicki Arcade Studio	GRS Rachel Arcade Studio	
5.15pm	GRS Kelly Arcade Studio		GRS Briar Arcade Studio			
5.30pm		GRS Belinda Arcade Studio		GRS Caitlin Arcade Studio		
6.30pm		PREGNANCY & POSTNATAL Belinda Tiers Studio				
6.30pm		GRS Claudia Arcade Studio		GRS Caitlin Arcade Studio		

FEES

CASUAL

\$40 per session

SESSION PACKS

5 Session Pack | \$195

10 Session Pack | \$340

30 Session Pack | \$870

50 classes | \$1150

- **Tiers Studio:** Stirling Tiers (upstairs)
Suite 12, 49 Mount Barker Rd. Stirling
- **Arcade Studio:** Stirling Arcade
39 Mount Barker Rd. Stirling

HOW TO GET STARTED

- After your initial assessment, your physiotherapist will create a tailored rehab program based on your assessment, current movement challenges, and long-term goals. In these sessions, you'll learn Pilates basics and correct abdominal activation. Depending on your needs, you'll focus on exercises specific to the Rehab Class you're joining (Strong & Stable, Bone Builders, or Pregnancy & Postnatal), or attend 8-10 Individual Rehab Sessions to master your equipment-based program. This will prepare you for participation in our Group Rehab Sessions (GRS).

HOW TO BOOK

- We offer over 40 sessions and classes at various times to suit most schedules. See over this page for our current Rehab timetable.
- To book or cancel Rehab Sessions and Classes, sign in to our online booking system via our website or contact Reception at 8339 3188. If full, email Reception (stirling@pilatesproactive.com.au) to be added to the Wait List.
- We require 12 hours' notice for cancellations, or you may forfeit your payment. Exceptions are only made for emergencies (e.g., medical events), not for work, family, or personal changes. Your cancellation may allow someone else to attend.