

# What's On.

Physio.Pilates.  
Proactive.

JULY

FREE EDUCATION SESSIONS	<p><b>THU 16</b> 5.30pm - 6.15pm</p> <p>Join Vicki for our <i>Free</i> Education session</p> <p><b>Running Strong: Discover what's holding your running back.</b> Learn how running assessments, technique, strength, mobility and training loads can help reduce injury risk and keep you running stronger for longer.</p>	<p><b>TUE 28</b> 11.30am - 12.15pm</p> <p>Join Maddy for our <i>Free</i> Education session</p> <p><b>Pain in the Butt? Understanding Gluteal Tendinopathy</b> Find out why gluteal tendon pain develops, what actually helps, and the exercises and strategies that support lasting recovery.</p>
CHALLENGE	<p><b>6 JULY - 15 AUG</b> Winter Off-Peak Class Bonus</p> <p><b>Keep moving this winter and reap the rewards.</b> Attend eligible Mat &amp; Fitness classes before 9am or after 5pm and earn a free class credit for every 6 classes. Stay consistent, feel great in your body, and arrive in spring stronger, fitter and full of momentum.</p>	
WORKSHOP	<p><b>SAT 18</b> 12.30pm - 2pm</p> <p>Pre-Pointe Work &amp; Ballet Conditioning Workshop</p>	<p>Join Kelly to <b>build strength for safe progression</b> Develop foot and ankle strength, core stability, alignment and technique to support safer pointe work and better performance. <b>\$49</b></p>

AUGUST

FREE EDUCATION SESSIONS	<p><b>TUE 11</b> 12.15pm - 1pm</p> <p>Join Rachel for our <i>Free</i> Education session</p> <p><b>Take Control of Your Back Pain: Understand your back and move with confidence</b> Learn common causes of back pain, practical prevention strategies, and how physiotherapy, Pilates and exercise can help.</p>	<p><b>MON 24</b> 12.15pm - 1pm</p> <p>Join Belinda for our <i>Free</i> Education session</p> <p><b>Building Better Bone Health: Stay strong as you age</b> Understand osteoporosis and osteopenia, and learn how exercise, balance training and lifestyle habits can help protect your bones.</p>
CHALLENGE	<p><b>17 AUG - 4 OCT</b> Rise with Spring 6-week Reset</p> <p>Complete 20 classes in 6 weeks, build consistency, boost energy, reconnect with your community and celebrate spring feeling stronger.</p>	

WINTER EDITION

# SEPTEMBER AUGUST

<p><b>WORKSHOP</b></p>	<p><b>SAT 22</b> 12.30pm - 2pm</p> <p>Release &amp; Restore</p>	<p>Join Bec to <b>reset your body and mind</b></p> <p>A restorative movement workshop using gentle release techniques to ease tension, improve recovery and leave you feeling refreshed.</p> <p><b>\$49</b></p>
<p><b>SOCIAL EVENTS</b></p>	<p><b>FRI 7</b> 5pm</p> <p>Unwined at PPP</p>	<p>Join Rachel for a slower-paced Pilates class to release tension, improve mobility and unwind. Stay after for a glass of wine and a little cheeky cheese.</p>
<p><b>FREE EDUCATION SESSIONS</b></p>	<p><b>THU 10</b> 5.30pm - 6.15pm</p> <p>Join Vicki for our <i>Free</i> Education session</p> <p><b>Take Control of Your Ankles: Stop the cycle of recurring sprains</b></p> <p>Learn why ankle injuries often return and how the right rehabilitation can restore strength, stability and confidence.</p>	<p><b>TUE 29</b> 11.15am - 12pm</p> <p>Join Gwendalyn for our <i>Free</i> Education session</p> <p><b>Beat the Dizzy Spells: Understanding Vertigo</b></p> <p>Learn what causes BPPV, why symptoms occur, and the treatment and management strategies that can help you feel steady again.</p>
<p><b>SOCIAL EVENTS</b></p>	<p><b>TUE 15</b> PPP's 25rd Birthday Celebration</p> <p>Join us as we celebrate another year of PPP with movement, friendship, and community connection. A day to move, connect, and feel good together with treats, door prizes, and plenty of fun at the practice.</p>	
<p><b>WORKSHOP</b></p>	<p><b>SAT 12</b> 2pm - 4.30pm</p> <p>Spring Yin Workshop</p>	<p>Join Jen this Spring <b>for a workshop for renewal and release</b></p> <p>Combine Yin Yoga and Myofascial Release to reduce tension, improve mobility and welcome spring feeling lighter and more energised.</p> <p><b>\$59 or \$79 including mini-roller</b></p>
<p><b>SOCIAL EVENTS</b></p>	<p><b>FRI 4</b> 5pm</p> <p>Unwined at PPP</p>	<p>Join Rachel for a slower-paced Pilates class to release tension, improve mobility and unwind. Stay after for a glass of wine and a little cheeky cheese.</p>



All bookings can be made through the Momence app.

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