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### THE INITIAL ASSESSMENT (PERSONAL)

During your Initial Pilates session you will have a consultation with one of our Physiotherapists. The physiotherapist will conduct a postural assessment, ask you questions regarding your health status and any injuries you may have, ultrasound the layers of your deep abdominal muscles to check for your ability to isolate and maintain a contraction of your transverse abdominus muscle and start you on some introductory exercises. You will be introduced to the key principles and some of the techniques of the Pilates method. You will also be given exercises to complete at home (homework!) for the next time you visit the studio. Occasionally it is identified that physiotherapy treatment intervention will be necessary and this may start in this first session as well.

### SUPERVISED SESSIONS (PERSONAL)

The supervised sessions are conducted on a one to one basis and are a full hour of Pilates. During these sessions you will develop your technique and your repertoire of exercises that will make up your own personalised program.

All clients are required to complete at least two personal sessions before progressing to groups. It is important to feel comfortable and confident with the technique and the exercises, if you don't feel ready to progress to a group session we suggest that you continue to train one to one with an instructor until your technique and confidence improves.

### GROUP SUPERVISED SESSIONS

Group supervised sessions can be booked as a group of three or four people or as a duo. Each participant will work with their own program which has been set during the personal sessions.

Instructors will progress participants as required in the group environment, by increasing the difficulty of some exercises or by adding new exercises to the program.

Regular reviews with our physiotherapists are necessary to continue claiming your Private Health Fund rebate and to continue to progress your program and strength.

### RESCAN / PROGRAM UPDATE

After completing your first ten sessions, the studio requires you to have a consultation with our physiotherapists to re-scan your deep abdominal muscles and check over your program. It is important that you continue to activate your abdominals correctly while training. This session provides the opportunity to refine your technique and your program. The program upgrade follows the re-scan. In this session we incorporate new exercises and progress existing exercises as required.

### MAT PILATES CLASSES

Mat classes are a great way to add variety to your program. The studio requires one hour of personal tuition if you have not carried this out on the equipment already. If you are thinking about joining a mat class please discuss this with your instructor or physiotherapist as some of the mat is not as suitable or beneficial for some people as the equipment work.



*'Reshape, Rebalance, Reform'*