

# Pilates

now available

**@nimblephysiotherapy**

- Physiotherapist-led mat pilates
- Up to 8 people per class
- 50 minute duration
- Guided, low-impact exercise focused on core strengthening, joint stability, muscle control, flexibility, and postural awareness
- Incorporate regular physical activity into your weekly routine

RESERVE YOUR WEEKLY  
TIMESLOT NOW

Contact **Nimble Physiotherapy** for bookings and enquiries.  
(02) 9456 2600 (Berowra Family Medical Practice reception)  
Email: [nimblephysiotherapy@gmail.com](mailto:nimblephysiotherapy@gmail.com)  
Website: [nimblephysiotherapy.com](http://nimblephysiotherapy.com)  
Instagram: [@nimblephysiotherapy](https://www.instagram.com/nimblephysiotherapy)

**Nimble**  
PHYSIOTHERAPY

CASUAL CLASS \$38

5 PACK OF CLASSES \$170  
(*\$34 PER CLASS*)

*Receipts can be requested / emailed after each class  
for health fund claiming.*

CLASS TIMES  
AVAILABLE ON OUR WEBSITE  
[nimblephysiotherapy.com](http://nimblephysiotherapy.com)

