



Our Instructor

Leandra Gonsalves
BSc (Hons) (Physiotherapy)

Leandra graduated from the School of Physiotherapy at Curtin University with First Class Honours. As a Physiotherapist at Stirling Health Professionals she works with a wide range of clients to assist them in recovering from injuries.

Leandra has trained extensively in Clinical Pilates through Polestar Pilates. She uses a wide-range of Pilates based exercises to help rehabilitate clients.

Leandra has several years of experience teaching mat Pilates to a range of clients from the age of 7 through to 70 years old. She enjoys assisting clients to be pain-free and injury-free! Leandra is available for both private and group Pilates classes.



CONTACT US:
569 Karrinyup Road
STIRLING, WA 6021
TEL: 08 9446 8322
FAX: 08 9446 8959
EMAIL: admin@shpro.com.au



Clinical Pilates

Strengthen your core and improve your mobility, flexibility, alignment and muscle tone in a friendly and relaxed environment!



What is Pilates?

Pilates originated in the early 20th Century by Joseph Pilates as a form of rehabilitation for victims of the First World War. Today, Pilates has progressed to a series of body and mind exercises which focus on strengthening the deep core muscles whilst re-educating body awareness, body alignment and posture.

Clinical Pilates:

Clinical Pilates is Pilates that is instructed by a fully qualified Physiotherapist. A Physiotherapist is a University qualified professional that is trained to assess and treat a wide range of injuries. Using this knowledge, Physiotherapists are able to prescribe highly specific exercises that are both safe and effective.

Benefits of Pilates:

- Improves core strength
- Improves postural awareness
- Improves flexibility and balance
- Improves muscle tone
- Aids in injury prevention



At Stirling Health Professionals we are pleased to offer both private and group Pilates classes.

Private Classes:

These are 30-minute individualized sessions. Our Physiotherapist will choose mat-based exercises to meet your specific goals, taking into account any personal injuries. Private classes are ideal for anyone who is unsure about Pilates or wishes to build confidence prior to attending group classes.

Private Class Pricing:

\$71-\$80 per session*

Group Classes:

These are 1-hour group classes focusing on mat-based exercises. Classes are kept small (8 participants) to allow individual feedback within each session. Group classes run for 10 weeks.

Group Class Schedule:

Monday 6:45PM

Thursday 6:30PM

Thursday 7:30PM

Please contact the staff at Stirling Health to place your name on the wait-list for our group classes. You will be contacted as a new term approaches.

All new participants are required to complete a **1-on-1 Pilates Assessment** prior to commencing classes. This assessment allows you to meet the instructor and discuss any injury concerns.

Group Class Pricing:

\$220 up-front for 10 weeks*

\$71-\$80 1-on-1 Pilates Assessment*

*Health insurance rebates may apply for the 1-on-1 Pilates Assessment, Individual and Group Pilates Classes. Please contact your Private Health Fund to check your eligibility for rebates.