

Mat Classes



Our group Mat classes are suitable for beginners though to advanced. They are a general full body workout with exercises in toning, stretching and a focus on correctly activating and maintaining your core. A variety of accessories are used in the class including foam rollers, magic circles, spiky balls, therabands and fit balls.

We allow no more than 12 to a class, allowing for close supervision of techniques so you can get the most out of each session. All Mat Classes run for 1 hour and are progressive, building on the skills and exercises from the last class.

Our Mat Classes are taken by qualified Pilates Instructors and Physiotherapists. Pilates instruction performed by our Physiotherapists may be claimable against your private health cover extras.