

# More about our classes

opportunity for people across all forms of recovery to use Clinical Pilates to improve balance, posture, stability, strength, flexibility and breath control – all contributing to overall improved health.

No matter your age or fitness level, Pilates Reformer is suitable for everyone.

Pilates is a strength, conditioning and rehab exercise system developed by Joseph Pilates in the 1920s to assist ballet dancers to strengthen and recover from injury. The use of the Reformer machines allowed dancers to engage the whole body on many levels during their rehab in a safe environment.

"Often we see a disconnect of our movement patterns to what our body should do and this in itself can result in injury," said Dean.

"By encouraging this connection of the mind and the body one's awareness of movement becomes much clearer. Over time there is an increase in mobility, strength, stamina and balance.

"Pilates Reformer exercise helps increase the range of movement in our joints by strengthening and stretching the structures around our body. There is an increase in strength of both your global and local muscle systems. The muscles are lengthened and strengthened, allowing for a freer range of movement.

"One of my favourite things about Pilates is that it is an excellent training system that allows you to go and do other things. It strengthens your core and overall body tone which can then be translated into golf, shooting, tennis, any sport you like," said Dean.

We have classes to suit everyone, regardless of your age or fitness level.

Come join our group and unleash your inner ballerina, benefit from the class camaraderie and social connection. **Exercise in a safe environment**

Pilates is a controlled, focussed, complete body and mind exercise practice using the Pilates Reformer equipment to improve and increase strength, stamina, balance and flexibility whilst minimising impact on joints. For this reason it is suitable for everyone.

Our instructor is a physiotherapist who teaches pilates and will focus on correct movement habits tailored to your individual capabilities to ensure the maximum benefit from your workout.

## New to Pilates Reformer?

Don't worry, you're in good hands. Our instructor will guide you every step of the way so you can enjoy a safe exercise class.

## What to wear?

Comfortable exercise clothing. You want something that is not too tight but also not too loose. Active wear is ideal

as is leggings/tights and a t-shirt, bike shorts and a singlet etc.

GRIP SOX are mandatory (no bare feet) and you can purchase a pair from us.

## What to bring?

Bring a water bottle if you like. Some people like to wear exercise gloves, but it's not essential. Everything else we provide.

Can I bring my own socks? Yes, if they are "grippy" socks. Normal socks are not suitable for exercising on the Reformers.

## How much does it cost?

Each session is \$25.00, payable at time of attending the session.

## Do I need to book in advance?

Our classes fill up quickly so it is best to book in advance. We recommend you phone us to check availability and to make a booking or you can PM us on our Facebook page.

## How many classes should I attend?

Our instructor recommends at least twice a week to achieve the best gains. However, once a week is better than nothing!

## Cancellations fees?

We don't charge for cancellations but we do ask for your respect in giving us plenty of notice if you are unable to attend so we can offer your spot to someone else.



*Movement performed correctly with complete muscular and mental control, together with purposeful, precise movement is more effective than many repetitions performed sloppily.*

– Joseph Pilates

# Pilates

REFORMER STUDIO MAREEBA

Principal physiotherapist Dean Mineall brings his passion for functional and efficient body movement through posture, balance, strength and gait reprogramming to the Tablelands Community.

His extensive experience and success in understanding bio-mechanical movement patterns have assisted in the rehabilitation of complex musculoskeletal cases where people with severe disabilities have been supported to gain greater independence and mobility advances through his tailored *Move Well, Stay Well* training and rehabilitation programs.

These programs are also tailored to help people achieve recovery after invasive and neurological surgery, stroke, and sports injuries and support people to stay in their homes longer and maintain their independence.

In late 2020 Dean expanded his Clinic to incorporate a range of Pilates Reformer programs and exercise classes. This exercise and rehab service provides an expansive

## The benefits

- Improve posture and balance
- Improve overall body alignment
- Build muscle strength (not bulk)
- Improve flexibility
- Build physical and mental stamina
- Build whole body/core strength
- Release tension
- Target specific muscle groups
- Improve general wellbeing
- Feel energised and invigorated
- Low impact on joints
- Enhance body awareness
- Improve exercise habits
- Build endurance
- Have fun

If you're still not sure if Pilates Reformer is right for you, call and we will answer your questions.

## 2025 Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	7:15 AM	11:00 AM		8:00 AM
5:00 PM	5:00 PM		5:00 PM	
6:00 PM			6:00 PM	

Physio Rehab Clinic,  
2d Middlemiss Street,  
Mareeba (next to LifeLine)

**HOW TO BOOK A CLASS**

**CALL TO BOOK  
YOUR CLASS TODAY**

**4092 2605**

Class duration from 30-45 minutes.  
\$25.00 per class.

Grip Socks are \$23.00 pair (compulsory).

PLEASE ARRIVE 10-15 MINUTES EARLY  
FOR YOUR FIRST VISIT TO ALLOW TIME  
FOR REGISTRATION AND PAYMENT.