



# THE BELLERIVE QUAY HEALTH HUB

HOLISTIC WELLNESS CENTRE



## Now available at The Bellerive Quay Health Hub!

Personalised Assessments, Clinical Pilates and Mat Classes.

Clinical Pilates takes the knowledge that Physiotherapists have of body systems and injuries; how they work and applies them to Pilates exercises. This gives you a program of exercises that are specific to your needs, whether it is for treatment of injury, recovery from injury, or prevention of injury.

Clinical Pilates is not only useful for the treatment and prevention of back pain, but can also be helpful for neck pain, pelvic stability, shoulder stability and knee strength (just to name a few).

*"Pilates is one of the best things I have ever done for myself. It has improved my posture, flexibility, and core strength. Pilates is not only good for your body but is also good for your overall well-being."*

### Enrolments Essential

See the Website and phone The Hub to book into available Classes!  
Hurry as places are filling fast!

The Bellerive Quay Health Hub  
33 Cambridge Road  
Bellerive Quay, TAS, 7018

Level 1 Shop 3A - Group Therapy and Education Hub  
Level 2 Shop 6 - Reception and Retail Hub  
Level 3 - Therapy, Assessment and Consultation Hub

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