

FREQUENTLY ASKED QUESTIONS

Do I get a rebate from my health fund? How much will they rebate per class?

For Clinical Pilates, Mummy and Me and Refined Bump you can claim a rebate from your health fund if you have extras cover. We can do on-the-spot claiming if you pay as you go. Unfortunately, we won't know how much you'll get back until we swipe your health fund card through our hicaps machine. If you'd like to know prior to joining our classes you can call your health fund to enquire. Generally, there will be a limit on the rebate you receive, depending on your level of cover. The following code will apply: 560.

For studio pilates classes, each fund provides different rebates. Most of our instructors are registered to allow claims to be made for their classes, however, you will need to check with your health fund in regards to this.

Our Mat and Reformer Pilates classes are not claimable through private health funds as they are taken by a Pilates instructor and the programing is not individualised as per the health fund requirements.

What do I wear to Pilates & do I need to bring anything in particular?

When doing Pilates, wear a singlet or t-shirt and some tights or shorts. Anything you can move freely in and feel comfortable stretching in. We don't wear shoes in our classes so bring along some socks. You'll need a towel, and a drink bottle is optional. Everything else you'll require is supplied for you.

How often should I do your Pilates classes?

We suggest doing our Mat and Studio Pilates classes at least once a week, although we do encourage you to commit to a Pilates regime of 2-5 sessions a week, whether that be additional classes or home-based exercise.

I've done Pilates before. Do I need to have an initial consultation?

Yes. We like to identify any injuries and assess what level you're at, so that you go into the right class. If you feel that you know which class you'd like to do, just give us a call and we will happily chat with you!

STUDIO LOCATION



New Farm Studio

2/15 Lamington Street, New Farm QLD 4005

Phone: (07) 3358 3915

Email: info@thebodyrefinery.com.au

Opening Hours

Monday - Thursday	6am - 8pm
Friday	6am - 5.30pm
Saturday	7.30am - 2pm
Sunday	Closed



PILATES

MOVE WITH STRENGTH, POWER, VITALITY & EASE

With an emphasis on core conditioning, breathing and body awareness, Pilates is a safe and highly effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints. Pilates is ideal for injury prevention and rehabilitation.

Classes Offered

The Body Refinery offers a variety of different classes to cater for people of all ages and fitness levels.

CLINICAL PILATES

Clinical Pilates is a specialised system with specific personalised programs and treatment, delivered by trained physiotherapists.

Clinical Pilates can help with the rehabilitation of chronic and complex injuries, such as neck and back pain and postural-based conditions.

Various equipment such as reformers, cadillacs, wunda chairs, resistance bands, spine correctors, foam rollers, CoreAlign, hand weights and Swiss Balls may be used, along with floor exercises. These 45-minute classes ensure that you are working towards your movement goals, while receiving supervision and feedback from a physiotherapist. An initial consultation is required for new clients.

There are two options to attend a Clinical Pilates class:

- **Semi-Private class:** no more than four clients per teacher, with personalised programs.
- **Private class:** private one-on-one class, for 100% of the physiotherapist's attention.

STUDIO PILATES

Studio Pilates classes are personalised sessions that are taken by a qualified Pilates instructor, where each client undertakes his or her own program. These 1-hour classes ensure that you are working towards your movement goals, with supervision and feedback from a qualified instructor.

Our studio sessions incorporate all the specialised Pilates equipment and mat work, and are ideal for anyone with postural issues or specific goals. An initial consultation is required for new clients.



There are three options to attend a Studio Pilates class:

- **Semi-private class:** no more than four clients per teacher, with personalised programs.
- **Duet class:** share your class with a friend. Two clients per teacher.
- **Private class:** private one-on-one class for 100% of the teacher's attention.

REFORMER CLASSES

This is a group class (maximum of eight participants) that is suitable for all clients, including beginners.

Reformer classes use only the reformer and are fun and fast-paced, with a great combination of Pilates and cardiovascular exercise. The class does not cater to individual programs and, therefore, is not ideal for those with injuries or specific goals.

Reformer classes run for 45 minutes, with no initial consultation required.

MAT CLASSES

Mat work is the foundation of the Pilates method. This is a 1-hour group class (maximum of eight participants) that is ideal for beginners and those who want to add to their existing fitness programs.

Mat classes do not use the large specialised equipment, with the entire class undertaken on a mat on the floor, incorporating the use of small props.

The class does not cater to individual programs and, therefore, is not ideal for those with injuries or specific goals, though it is an excellent introduction to Pilates and core muscle activation. No initial consultation is required.

MUMMY AND ME

This is a studio-style class where mum can bring bub and still get a work out without worrying about a babysitter.

These classes require an initial consultation if you are new to the studio, as well as medical clearance at 6 weeks post birth from an obstetrician or midwife, stating that you are safe to exercise.

Babies are welcome in these sessions until they become quite mobile (~8 months).



REFINED BUMP

Pilates is an excellent form of exercise during pregnancy because it works on the deep abdominal muscles and pelvic floor muscles. Pilates can also strengthen and stretch specific muscle groups that may be weakened and tight from the postural changes and stresses that occur during pregnancy. It is also low impact, without placing stress on the body's joints.

The Refined Bump class is a studio-style class, which requires an initial consultation if you are new to the studio.

WHAT MAKES PILATES AT A PHYSIO PRACTICE DIFFERENT TO PILATES AT A GYM?

Our classes are run, or supervised by, fully qualified physiotherapists or diploma-qualified Pilates instructors, who utilise their expertise to ensure a safe environment for you to exercise and increase your Pilates abilities, thus minimising the chance of injury.

WANT TO BOOK IN?

To ensure that you're getting the most out of our classes, we require you to have an initial assessment for Clinical Pilates, Studio Pilates, Mummy and Me and Refined Bump. During your initial consultation, one of our physiotherapists (Clinical Pilates, Mummy and Me and Refined Bump) or Pilates instructors (Studio Pilates) will conduct a physical assessment, including an ultrasound assessment, to identify your physical needs and discuss your fitness/rehabilitation goals. We will then design a program that suits your requirements.

An initial consultation is not required for the Mat Classes or Reformer Classes.