

## New Clinical Pilates Class

My name is Elizabeth Jones and I am a physiotherapist with over 40 years of experience treating musculoskeletal conditions. I have specialized in spinal care, focusing on helping people stay healthy and prevent recurring issues.



In the early 1990s, I trained in clinical Pilates, inspired by pioneering research into muscle function and core stability. This research transformed how we guide patients recovering from back and neck pain. It remains ongoing and continues to shape my evidence-based practice and teaching.

While Pilates is often associated with core strength, true progress requires a more nuanced, client-centred approach. Strength is important, but individualized guidance helps clients achieve their full potential. This is why I keep my classes small, ensuring personalized attention.

As I prepare to retire from the physiotherapy practice I founded over 30 years ago, I am excited to begin a new chapter—helping a new group of people move better and feel stronger.

**Where:** Shiplake Memorial Hall.

**When:** 2 Classes Wednesday mornings at 09:10am and 10:10am (50-minute sessions)

**Cost:** Each course consists of 10 weekly classes and runs on a rolling quarterly basis throughout the year. The cost of each course is £180.00. Course and class dates will be provided in advance. Occasionally, classes may not run consecutively to allow for holidays and breaks between courses.

I am happy to offer a Taster Session and if you decide to sign up for a course I offer the initial session a private one to one, to help me assess you and the way you move and for you to get a head start

For further information, an informal chat or to book your place:

email [info@elizabethjonesphysio.com](mailto:info@elizabethjonesphysio.com) or call me on **0790 9977116**