

Preserve your muscle mass with Pilates Reformer Exercises – from the age of 40 we lose up to 8% of our muscle mass every decade which can effect metabolism and balance. Pilates Reformer is the best antidote ...



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.

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, speak to the physiotherapist.

2026 Class Timetable

MONDAY	TUESDAY	THURSDAY	FRIDAY
8:00 AM	7:45 AM	12:30 PM	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 \$25.00 pair (compulsory).

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