



Improvement Through Movement

New course starting in July 2025; in person and live online spaces are available.



PARKINSON'S CONQUEROR'S EXERCISE CLASSES

Designed for people who are:

- In the early stages of Parkinson's
- Reasonably fit and healthy
- Motivated

Classes are planned and taught by two highly experienced neurological Physiotherapists. Both are PD Warrior certified, actively involved with Parkinson's UK Excellence Network's Exercise Hub, and have lectured at local, regional and national Parkinson's events.



Physio Pilates Retford also offer:

- Physiotherapy*
- Neurological Physiotherapy*
- Elderly Rehabilitation*
- 16 In-person* and Live Online Physio-led Pilates Classes
- Private Pilates Sessions*

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It is widely acknowledged that exercise is beneficial in slowing the progression of Parkinson's Disease. Physio Pilates Retford's carefully structured Parkinson Conqueror's exercise classes provide participants with specific and tailored exercises to maintain and improve balance, flexibility and strength.

The class is delivered by a Physiotherapist who has expert knowledge of working with clients with Parkinson's. I have attended the classes since 2022 and can highly recommend them.

John Barrett

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Physiotherapy and physio-based pilates exercise helps to repair, retrain and strengthen damaged or weak muscles, improving mobility, posture, balance, and confidence in your body's capabilities.

*Availability for these services is currently limited



The Chartered Society of Physiotherapy is the professional, educational and trade union body for the UK's 50,000 chartered physiotherapists, physiotherapy students and associates

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