



Your Choice For Quality Treatments

CORE FITNESS PHYSIOTHERAPY AND PILATES CENTRE is born out of a Singapore physiotherapist's vision to provide the best quality physiotherapy treatments and **Pilates classes** in a caring and personal environment. Our highly experienced physiotherapists are here to help you recover quickly and confidently from any musculoskeletal injuries and conditions.

What makes Core Fitness Physiotherapy and Pilates Centre different is our emphasis on patient education and active rehabilitation. We complement our quality physiotherapy treatments with Rehabilitation Pilates to help you recover faster from your injury.

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