

CLASS DESCRIPTIONS

MAT CLASSES

GENTLE MAT = suitable for clients who have attended 3 Pilates Private Sessions; suitable for pre and post natal women; may also be appropriate for those with injuries wanting to work at a more gentle basic pace.

• **INTER MAT = INTERMEDIATE MAT:** suitable for those who want to progress from the Gentle Class who feel they have a good understanding of basic Pilates principles; small equipment is sometimes used including Magic Circle, Foam Roller, hand weights, ChiBall and Theraband which all assist and challenge exercises further.

◆ **TRIM AND TONED MAT** focuses on toning your butt, flattening your abs and trimming up your legs. It is designed specifically to work on these areas, leaving you feeling strong and toned; taught at an upper intermediate level.

◇ **ADV MAT = ADVANCED MAT:** for clients who wish to work at a high level of Pilates difficulty; suitable for those with no acute injuries, who have had a minimum of 3 months regular experience at an Intermediate level.

◆ **PREGNANCY MAT** = a class for all pregnant (and postnatal) women. An Initial Consultation followed by 3 Private Sessions is required before attending any pregnancy class. **MUMS AND BUBS** is a fun, social class to regain your pre-pregnancy body. Babies most welcome. A postnatal private session is required before recommencing classes.

MENS Pilates Class = A Men Only class catering for all levels of fitness; offering different degrees of difficulty so that individuals can progress at their own pace. Sure to whip the boys into shape.

EQUIPMENT CLASSES

Equipment work is great for targeting specific areas of body that require rehabilitation. An Initial Consultation followed by approximately 10 Private Sessions are required to develop the client's individual Equipment Program.

GES = GROUP EQUIPMENT SESSION: 1 hour sessions, partly supervised and with a maximum of 5 people in each class



physiotherapy pilates proactive