

# ARCADE STUDIO | TIMETABLE

Effective March 4, 2024

MON	TUE	WED	THU	FRI	SAT
7:00 GES Claudia		7:00 GES Kelly	7:00 GES Claudia		
8:00 GES Claudia	8:00 GES Kelly	8:00 GES Vicki	8:00 GES Kelly	8:00 GES Vicki	8:00 GES
					9:00 GES
9:30 GES Caitlin	9:30 GES Kelly	9:30 GES Vicki		9:30 GES Claudia	
					10:30 GES Vicki
11:30 GES Caitlin	11:45 STRONG & STABLE Claudia	11:30 GES Caitlin	11:30 GES Claudia	11:30 GES Gwendalyn	11:30 GES
1:00 GES Gwendalyn	1:00 GES Gwendalyn	1:00 GES Kelly	1:00 GES Vicki	1:00 GES Vicki	
4:00 GES Gwendalyn	4:00 GES Rachel	4:00 GES Caitlin	4:00 GES Vicki	4:00 GES Rachel	
5:15 GES Kelly		5:15 GES Briar	5:30 GES Caitlin		
6:30 GES Kelly	6:30 GES Rachel		6:30 GES Caitlin		
	7:30 GES Claudia				

ARCADE STUDIO Stirling Arcade, 39 Mount Barker Rd, Stirling

# TIERS STUDIO | TIMETABLE

MON	TUE	WED	THU	FRI	SAT
				7:00 OPEN Briar	
8:00 STRENGTH & TONE Rachel	8:00 STRENGTH & TONE Vicki	8:00 STRENGTH & TONE Kelly	8:00 STRENGTH & TONE Claudia		
8:35 STRETCH & RELEASE Rachel	8:35 STRETCH & RELEASE Vicki	8:35 STRETCH & RELEASE Kelly	8:35 STRETCH & RELEASE Claudia		
		9:15 INTERMEDIATE Gwendalyn	9:15 INTERMEDIATE Kelly	9:15 GENTLE Vicki	9:15 OPEN Vicki
10:30 GENTLE Claudia	10:30 OPEN Gwendalyn	10:30 GENTLE Vicki	10:30 GENTLE Kelly	10:30 INTERMEDIATE Rachel	10:30 STRENGTH & TONE
12:30 STRENGTH & TONE Caitlin				12:30 STRENGTH & TONE Gwendalyn	11:05 STRETCH & RELEASE
1:05 STRETCH & RELEASE Caitlin				1:05 STRETCH & RELEASE Gwendalyn	
	4:30 TEEN FIT Claudia			4:30 TEEN FIT Claudia	
6:30 INTERMEDIATE Gwendalyn		6:30 OPEN Briar			
7:45 GENTLE Gwendalyn		7:45 MEN'S Briar	7:45 INTERMEDIATE Vicki		

TIERS STUDIO Stirling Tiers (upstairs), Suite 12, 49 Mount Barker Rd, Stirling

## CLASS DESCRIPTIONS

### PILATES MAT CLASSES - 60 MINS

Mat classes are for general health, fitness and vitality. Classes are full of variety and may use small equipment such as Magic Circle, Foam Roller, hand weights, ChiBall and Theraband for added resistance and challenge. All classes are taught by physiotherapists.

#### GENTLE

Suitable for clients just starting out and anyone who wants to focus on improving technique whilst working at a slower pace. Suitable for pre and post-natal women; may also be appropriate for those with injuries.

#### OPEN

Suitable for both Gentle and Intermediate level clients. Variations will be given to provide different degrees of challenge, depending on clients' ability.

#### INTERMEDIATE

Suitable for those who want to progress from the Gentle Classes who feel they have a good understanding of the Pilates principles. Build strength and muscle tone whilst working at a faster pace.

#### MEN'S

A Men's Only class catering for all levels of fitness; offering different degrees of difficulty so that individuals can progress at their own pace.

### SPECIALTY CLASSES

These classes focus on specific areas of fitness and utilise a range of small props to facilitate these goals. Participants do not require any Pilates training to attend these classes. All classes are run by physiotherapists.

#### STRENGTH AND TONE - 30 MINS

Using hand weights, resistance bands and body weight, these classes efficiently focus

on strengthening and toning all major muscle groups. A great way to increase confidence for a specific goal, or for those who just want to feel stronger.

#### STRETCH AND RELEASE - 30 MINS

Designed to lengthen muscles and mobilise joints, these classes benefit those who are keen to improve their flexibility. Taught in a calm, quiet environment, with an emphasis on mindfulness, you are guaranteed to float out of the class!

#### STRONG AND STABLE - 60 MINS

Focus is on improving balance, leg and arm strength, core strength and stretching. A gentle class, suitable for clients with movement limitations, osteoporosis and osteopaenia. Whilst targeted at our older clients it may also be suitable for a injury recovery. Class numbers are capped to allow for more individualised attention.

#### TEEN FIT - 45 MINS

Designed for 12-18 year olds, this class aims to enhance sports, dance and gymnastics through strength and flexibility exercises. Also suitable for any teen who wants to improve their posture, be more physically active or reduce aches and pains associated with studying.

#### GES - GROUP EQUIPMENT SESSION - 60 MINS (SUPERVISED FOR 30 MINS)

Equipment work is great for targeting specific areas of the body that require rehabilitation. An initial Physiotherapy Assessment may be followed by a Real Time Ultrasound, and up to 10 Physiotherapy Individual Rehabilitation Sessions (PIRs) are required to develop the client's individual equipment program. Group Equipment Sessions (GES) by a physiotherapist are partly supervised with a maximum of 6 in each class.