

# Adelaide Hills' Premier Physiotherapy and Pilates Studio

## GENTLE PILATES

**Technique, Learn, and Build Confidence.**

We recommend starting with this class to begin your Pilates journey at PPP. Gentle Pilates has an emphasis on Pilates technique and involves less repetitions at a slower pace, resulting in enhanced mobility in your body. This Pilates class supports your body, no matter what stage of life you are in. All levels welcome.

## PILATES

**Adaptable, Unique, and Variety.**

Our signature all-levels Pilates Mat class features Pilates variations from gentler pace to intermediate. Our team tailors each class to ensure everyone finds their perfect balance between challenge and ease. If you love variety and traditional Pilates movement, this is the class for you.

## PILATES PLUS

**Enhance, Challenge, and Inspire.**

Our Pilates Plus class is perfect if you're looking to take your Pilates to the next level. By incorporating some of Joseph's advanced Pilates exercises, adding weights, and extra challenge, Pilates Plus aims to strengthen, increase flexibility, improve posture and coordination. If you're keen to progress your Pilates ability and have a good grasp of the Pilates Basics, this is the perfect class.

## MEN'S PILATES

**Tailored, Strength & Flexibility.**

A specially designed men's Pilates class with a focus on building core stability, strength, increased flexibility, and overall body awareness. Regular Pilates practice is helpful for other forms of exercise such as weightlifting, cycling, running, and gym practice. This unique class to PPP has evolved over many years into a supportive community.

## STRENGTH FUSION

**Strength, Stamina, and Resilience.**

Our Strength Fusion class fuses all the movement practices at PPP to create a workout that will help build strength, stamina and power using heavier weights, resistance bands and more. When the goal is to feel strong, confident and resilient, Strength Fusion ticks all the boxes! If you have a specific fitness goal, or simply want to stay strong for life, this is the class for you!

## BARRE

**Sculpt, Tone, and Move.**

Barre is a dynamic workout that combines elements of ballet, Pilates and strength training into a class that will sculpt the body from head to toe. Perfect if you want to increase stamina, flexibility, balance and strength, coupled with low impact cardio and toning. This is a fun, engaging class suitable for all levels.

## RELAX & RELEASE

**Flexibility, Stretch, and Rest.**

Need a good stretch and want to enhance your mobility? This is the class! We use a range of techniques such as dynamic and static stretching, and myofascial release with mindful movement throughout. Expect to leave the class feeling refreshed and rested. All levels welcome. This is the class we all need!

## CIRCUIT PILATES

**Dynamic, Invigorating, and Effective.**

Based in our Pilates Equipment Studio, Circuit Pilates class, utilises the Pilates Reformer, Trapeze Table, EXO Chair and more. An invigorating workout combining cardio and resistance training across various stations, this class promotes muscular endurance, heart health and whole body strengthening. This class is highly effective if you'd like to elevate or challenge your body in new ways and have some Pilates classes under your belt.

## YOGA

**Connect, Renew, and Reset.**

A wonderful addition to the PPP timetable. Yoga is a slow-paced practice that connects the body with breath, meditation and relaxation. With the purpose of increasing body awareness and stability, our yoga class focuses on connecting the body and mind. This all-encompassing practice suits all levels of fitness and flexibility. Add it to your weekly schedule!

## YIN YOGA

**Slow, Relax, and Meditate.**

Yin Yoga is perfect for those wanting a slow, relaxing, meditative yoga practice where you will relax deep into each stretch and emerge feeling soft, tranquil and open. Yin yoga poses apply moderate stretch to the connective tissues of the body including tendons, fascia and ligaments, with the aim of increasing circulation to the joints and improving flexibility. A passive and restorative approach to yoga, yin aims at cultivating awareness of inner silence. Yin yoga is complementary to more active forms of yoga and exercise and is beginner friendly. For all levels of fitness and mobility! Finishing each class with meditation or mindfulness to balance the practise. **A Monthly 60-minute class treat for YOU.**

## TEEN FIT

**Strength, Flexibility, and Excel.**

Our Teen Fit classes are perfect for 12-18year olds and provide support to all of their activities. This class focusses on building strength, flexibility and coordination, and then finishes with a relaxing cooldown. Claudia Willcocks, physiotherapist and experienced netball/volleyball player, expertly coaches your teen on best practices to stay fit, healthy and confident. Teen Fit, a wonderful compliment to all our teens do.

	MON	TUE	WED	THU	FRI	SAT
7am	<b>YOGA</b> Jen Tiers Studio			<b>STRENGTH FUSION</b> Jen Tiers Studio	<b>PILATES</b> Briar Tiers Studio	
8am	<b>PILATES</b> Jen Tiers Studio	<b>STRENGTH FUSION</b> Vicki Tiers Studio	<b>PILATES</b> Kelly Tiers Studio	<b>BARRE</b> Jen Tiers Studio	<b>RELAX &amp; RELEASE</b> Briar Tiers Studio	<b>STRENGTH FUSION</b> Tiers Studio
9am	<b>BARRE</b> Jen Tiers Studio	<b>RELAX &amp; RELEASE</b> Vicki Tiers Studio	<b>PILATES PLUS</b> Gwendalyn Tiers Studio	<b>YOGA</b> Jen Tiers Studio	<b>GENTLE PILATES</b> Vicki Tiers Studio	<b>BARRE or RELAX &amp; RELEASE</b> (alternating schedule) Tiers Studio
10am	<b>GENTLE PILATES</b> Belinda Tiers Studio	<b>PILATES</b> Gwendalyn Tiers Studio	<b>GENTLE PILATES</b> Vicki Tiers Studio	<b>PILATES</b> Claudia Tiers Studio	<b>PILATES PLUS</b> Rachel Tiers Studio	<b>PILATES</b> Tiers Studio
12.30pm	<b>STRENGTH FUSION</b> Claudia Tiers Studio				<b>STRENGTH FUSION</b> Claudia Tiers Studio	
4.30pm		<b>TEEN FIT</b> Claudia Tiers Studio				
5.30pm		<b>STRENGTH FUSION</b> Claudia Tiers Studio				
6.00pm					<b>YIN YOGA*</b> <small>*Selected Fridays only - see online schedule for dates</small>	
6.30pm	<b>CIRCUIT</b> Kelly Arcade Studio					
6.30pm	<b>PILATES</b> Gwendalyn Tiers Studio		<b>PILATES</b> Briar Tiers Studio	<b>RELAX &amp; RELEASE</b> Vicki Tiers Studio		
7.30pm	<b>GENTLE PILATES</b> Gwendalyn Tiers Studio		<b>MEN'S PILATES</b> Briar Tiers Studio	<b>PILATES PLUS</b> Vicki Tiers Studio		

FEES

INTRO OFFER

14-DAY INTRO PASS- \$49 UNLIMITED

MEMBERSHIPS

POSITIVE

2 PER WEEK \$46 | WEEK (Min. 4 Weeks Contract then can cancel anytime)

PROGRESS

3 PER WEEK \$56 | WEEK (Min. 4 Weeks Contract then can cancel anytime)

PEAK

4 PER WEEK \$66 | WEEK (Min. 4 Weeks Contract then can cancel anytime)

CLASS PACKS | (Packs have 6 month expiry)

CASUAL \$35 | 10 CLASSES \$290 | 50 CLASSES \$950

TEENFIT

CASUAL \$20 | 10 CLASSES \$150

- **Tiers Studio:** Stirling Tiers (upstairs)  
Suite 12, 49 Mount Barker Rd. Stirling
- **Arcade Studio:** Stirling Arcade  
39 Mount Barker Rd. Stirling

HOW TO GET STARTED

- Start your Pilates journey with our 14-day Intro Pass for unlimited class access. This is a great way to explore different classes and schedules to find the right fit for you.
- If you plan to continue with Pilates Mat, we recommend 1-2 private sessions with one of our experienced physiotherapists to learn the basics and ensure safe technique.
- After your Intro Pass, choose a Membership or Class Pack through our Physio Pilates Proactive app.
- If you're pregnant, have osteoporosis, chronic health conditions, or acute injuries, please book an initial assessment with one of our physiotherapists to receive tailored advice and modifications.

HOW TO BOOK

- With over 34 Pilates Mat and Fitness Classes offered at convenient times, it's easy to fit sessions into your schedule—view our timetable over the page.
- Book and manage classes via our Physio Pilates Proactive app. If a class is full, join the Wait List to receive a text if a spot opens up.
- Cancellations require 12 hours' notice to avoid forfeiting payment.