

## CLASS DESCRIPTIONS

### MAT CLASSES - 1 HR

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.

#### GENTLE

Suitable for clients who are starting out, also for pre and post natal women; may also be appropriate for those with injuries wanting to work at a gentler pace.

#### STRENGTH & BALANCE

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 injury recovery. Class numbers are capped to allow for more individualised attention.

#### INTERMEDIATE

Suitable for those who want to progress from the Gentle Class who feel they have a good understanding of basic Pilates principles.

#### OPEN

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

### STRENGTH & CONDITIONING

Aimed at improving your performance in your chosen activity. Exercises are aimed at increasing strength, resistance training, injury prevention and training proper body mechanics. Exercises use body weight and simple pieces of equipment. Participants work at a level suited to their ability and are guided by the physiotherapist.

### PILATES EXO CHAIR - 45MIN

A challenging, fun and versatile class using the EXO Chair. Springs, pedals and bands are used to increase the resistance and work different muscle groups. Beginners Course, or equivalent, necessary.

### GES - GROUP EQUIPMENT SESSION - 1HR

Equipment work is great for targeting specific areas of the body that require rehabilitation. An initial Physiotherapy Assessment 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 4 in each class.

### STIRLING

39 Mt Barker Rd  
Stirling SA 5152  
Ph 8339 3188

### PARKSIDE

86 Glen Osmond Rd  
Parkside SA 5063  
Ph 8271 3144

### ST PETERS

115 Payneham Rd  
St Peters SA 5069  
Ph 7130 0071

## PARKSIDE | TIMETABLE

\*ALL EXO CHAIR CLASSES ARE UPSTAIRS

MON	TUE	WED	THU	FRI	SAT	SUN
8:30 INTERMEDIATE Rachel	8:00 GES Vicki		8:00 GES Tamara	8:00 GES Vicki	8:30 EXO CHAIR*	
9:45 STRENGTH & BALANCE Rachel	9:15 GENTLE Vicki		9:15 INTERMEDIATE Tamara	9:15 OPEN Vicki	9:30 OPEN	9:30 OPEN Belinda
10:45 GES Rachel	10:30 EXO CHAIR* Vicki	10:30 STRENGTH & BALANCE Vicki	10:30 EXO CHAIR* Tamara	10:30 EXO CHAIR* Vicki	10:30 GES	10:30 GES Belinda
	11:30 GES Vicki	11:30 GES Vicki	11:30 GES Vicki			
			11:30 EXO CHAIR* STRENGTH & BALANCE Tamara			
4:30 GES Rachel		4:45 GES Rachel				
5:30 STRENGTH & CONDITIONING Tamara	5:45 GENTLE Emma	5:30 OPEN Rachel	5:30 GES Tamara			
6:30 OPEN Belinda	6:45 GES Emma	6:45 STRENGTH & CONDITIONING Rachel	6:15 INTERMEDIATE Vicki			
7:45 EXO CHAIR* Tamara	7:45 INTERMEDIATE Emma		7:30 STRENGTH & CONDITIONING Vicki			