

## 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!

### STRENGTH & BALANCE - 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 injury recovery. Class numbers are capped to allow for more individualised attention.

### 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.

## ARCADE STUDIO | TIMETABLE

Effective 31 July, 2023

MON	TUE	WED	THU	FRI	SAT
7:00 GES Belinda			7:00 GES Kelly		
8:00 GES Vicki	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 Vicki	9:30 GES Caitlin	9:30 GES Vicki		9:30 GES Rachel	
					10:30 GES
11:30 GES Belinda	11:45 STRENGTH & BALANCE Belinda	11:30 GES Caitlin	11:30 GES Kelly	11:30 GES Vicki	11:30 GES Vicki
1:00 GES Gwendalyn	1:00 GES Gwendalyn	1:00 GES Kelly	1:00 GES Vicki	1:00 GES Gwendalyn	
4:00 GES Gwendalyn	4:00 GES Rachel	4:00 GES Caitlin	4:00 GES Vicki	4:00 GES Rachel	
5:15 GES Kelly	5:30 INTERMEDIATE Belinda	5:15 GES Briar	5:30 GES Caitlin		
6:30 INTERMEDIATE Gwendalyn	6:30 GES Belinda	6:30 OPEN Briar			
7:45 GENTLE Gwendalyn	7:30 GES Belinda	7:45 MEN'S Briar	7:45 INTERMEDIATE Vicki		

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 Caitlin		8:00 STRENGTH & TONE Rachel		
	8:35 STRETCH & RELEASE Caitlin		8:35 STRETCH & RELEASE Rachel		
		9:15 INTERMEDIATE Gwendalyn	9:15 INTERMEDIATE Kelly	9:15 GENTLE Vicki	9:15 OPEN Vicki
10:30 GENTLE Vicki	10:30 OPEN Caitlin	10:30 GENTLE Vicki	10:30 GENTLE Kelly	10:30 INTERMEDIATE Rachel	
12:30 STRENGTH & TONE Rachel		12:30 STRENGTH & TONE Kelly		12:30 STRENGTH & TONE Belinda	
1:05 STRETCH & RELEASE Rachel		1:05 STRETCH & RELEASE Kelly		1:05 STRETCH & RELEASE Belinda	

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