

CLASS DESCRIPTIONS

REFORMER CLASSES - 45MINS

Stretch, tone and strengthen your body on the versatile Reformer machine, utilising the carriage's moving base, along with spring loaded resistance and straps to aid movement and control. The benefits include strengthening of large muscles groups including abdominals in a longer, leaner way, increased flexibility, improved balance and better aerobic fitness.

BASIC REFORMER

Designed as a slower class with fewer variations where you can focus on your technique and form. Great for Beginners who want a transition class before joining the faster paced Intermediate class. Also suitable for those with injuries and some limitations to movement.

INTERMEDIATE REFORMER

A challenging and fast paced class where you can expect a full body workout. Lots of variety each week with an emphasis on strengthening and toning the body without bulking up. These classes will leave you feeling powerful, strong and invigorated.

PRE-REQUISITES FOR BASIC & INTER CLASSES

All clients will be required to undertake the Fast Track Beginners Course or have 2-3 x 1:1 Reformer sessions before starting regular classes. Clients also need a Pilates Fitness Screen if they have not had one in the previous 12 months.

GRS - GROUP REFORMER SESSION - 45MINS

Designed for clients who want a more targeted Reformer workout. Under the supervision of a Physio, clients will be doing their own personalised program that has been designed specifically for their needs. If you want to get results faster or if you have an injury or condition that prevents you from doing the Reformer classes, then the GRS is best for you.

PRE-REQUISITES GRS

Existing Reformer clients need a minimum of 2 x 1:1 Reformer sessions to develop their program. New clients need an Initial Physiotherapy Consultation plus 3-5 x 1:1 Reformer sessions.

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

ST PETERS | TIMETABLE

*CLASS AT THE STUDIO, 37 BARNES RD GLYNDE.

MON	TUE	WED	THU	FRI	SAT	SUN
				8:15 REFORMER INTERMEDIATE Anita	8:30 REFORMER INTERMEDIATE Vicki	
9:15 REFORMER INTERMEDIATE Anita	9:15 REFORMER INTERMEDIATE Tamara	9:15 REFORMER BASIC Tamara	9:15 REFORMER INTERMEDIATE Emma	9:15 REFORMER BASIC Anita	9:30 REFORMER BASIC Vicki	9:00 REFORMER INTERMEDIATE Emma
10:15 REFORMER INTERMEDIATE Anita	10:15 REFORMER BASIC Tamara	10:15 REFORMER INTERMEDIATE Tamara	10:15 REFORMER INTERMEDIATE Emma	9:15* OPEN MAT Rachel	10:30 REFORMER INTERMEDIATE Vicki	10:00 REFORMER BASIC Emma
	11:15 GRS Tamara		11:15 GRS Emma	10:15 GRS Anita		
				3:15 GRS Jayne		
5:45 REFORMER BASIC Jayne	4:00 GRS Anita			4:15 REFORMER DANCE Jayne		
		5:15 REFORMER INTERMEDIATE Vicki	5:45 REFORMER INTERMEDIATE Anita	5:15 REFORMER INTERMEDIATE Jayne		
6:45 REFORMER INTERMEDIATE Jayne	6:45 REFORMER INTERMEDIATE Anita	6:15 REFORMER INTERMEDIATE Vicki				
	7:45 REFORMER INTERMEDIATE Anita	7:15 GRS Vicki				