

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 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.

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.

OPEN

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

OPEN - ONLINE

Utilises small props and is a universal class. Clients can access all over the world! If you are unable to attend at the designated time, a recording can be sent.

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.

CIRCUIT - 1HR

Combining mat work with the Equipment, participants move from 1 "station" to the next. The same repertoire is repeated for 4 weeks to encourage improvement and enhance technique to maximise results. Minimum 3 months Pilates experience.

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 6 in each class.

STIRLING | TIMETABLE

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