

## 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.

#### 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.

### 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.

#### MENS

A Men 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

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

## STIRLING | TIMETABLE

| MON  | TUE  | WED  | THU                                      | FRI   | SAT                          | SUN                            |
|--|--|--|--|---|------------------------------|--------------------------------|
| <b>7:00<br/>GES<br/>Briar</b>              | <b>7:00<br/>OPEN<br/>Briar</b>                       | <b>7:00<br/>STRENGTH &amp;<br/>CONDITIONING<br/>Orla</b> | <b>7:00<br/>GES<br/>Caitlin</b>          | <b>7:00<br/>OPEN<br/>Caitlin</b>                        | <b>7:00<br/>GES<br/>Orla</b> |                                |
| <b>8:00<br/>GES<br/>Briar</b>              | <b>8:00<br/>GES<br/>Briar</b>                        | <b>8:00<br/>GES<br/>Emma</b>                             | <b>8:00<br/>GES<br/>Caitlin</b>          | <b>8:00<br/>GES<br/>Emma</b>                            | <b>8:00<br/>GES</b>          |                                |
| <b>9:15<br/>INTERMEDIATE<br/>Briar</b>     | <b>9:15<br/>CIRCUIT<br/>Briar</b>                    | <b>9:15<br/>INTERMEDIATE<br/>Emma</b>                    | <b>9:15<br/>INTERMEDIATE<br/>Caitlin</b> | <b>9:15<br/>GENTLE<br/>Emma</b>                         | <b>9:00<br/>OPEN</b>         | <b>9:15<br/>OPEN<br/>Anita</b> |
| <b>10:30<br/>GENTLE<br/>Caitlin</b>        | <b>10:30<br/>INTERMEDIATE<br/>Gwendalyn</b>          | <b>10:30<br/>GENTLE<br/>Caitlin</b>                      | <b>10:30<br/>GENTLE<br/>Orla</b>         | <b>10:30<br/>INTERMEDIATE<br/>Emma</b>                  | <b>10:00<br/>GES</b>         | <b>10:15<br/>GES<br/>Anita</b> |
| <b>11:30<br/>GES<br/>Caitlin</b>           | <b>11:45<br/>STRENGTH &amp;<br/>BALANCE<br/>Orla</b> | <b>11:30<br/>GES<br/>Emma</b>                            | <b>11:30<br/>GES<br/>Orla</b>            | <b>11:45<br/>STRENGTH &amp;<br/>BALANCE<br/>Caitlin</b> |                              |                                |
|  |  |  |  |   |                              |                                |
| <b>1:00<br/>GES<br/>Caitlin</b>            | <b>1:00<br/>GES<br/>Gwendalyn</b>                    | <b>1:00<br/>GES<br/>Caitlin</b>                          | <b>1:00<br/>GES<br/>Caitlin</b>          | <b>1:00<br/>GES<br/>Gwendalyn</b>                       |                              |                                |
|  |  |  |  | <b>2:00<br/>INTERMEDIATE<br/>Gwendalyn</b>              |                              |                                |
|  |  |  |  | <b>3:00<br/>GES<br/>Orla</b>                            |                              |                                |
| <b>4:00<br/>GES<br/>Gwendalyn</b>          | <b>4:00<br/>GES<br/>Jayne</b>                        | <b>4:00<br/>GES<br/>Briar</b>                            | <b>4:00<br/>GES<br/>Orla</b>             |   |                              |                                |
| <b>5:30<br/>OPEN<br/>Caitlin</b>           | <b>5:30<br/>GES<br/>Orla</b>                         | <b>5:30<br/>OPEN<br/>Briar</b>                           | <b>5:30<br/>GENTLE<br/>Orla</b>          | <b>5:00<br/>GES<br/>Orla</b>                            |                              |                                |
| <b>6:30<br/>INTERMEDIATE<br/>Gwendalyn</b> | <b>6:30<br/>OPEN<br/>Jayne</b>                       | <b>6:30<br/>CIRCUIT<br/>Briar</b>                        |  |   |                              |                                |
| <b>7:45<br/>GENTLE<br/>Gwendalyn</b>       |  | <b>7:45<br/>MEN'S<br/>Briar</b>                          | <b>7:45<br/>INTERMEDIATE<br/>Jayne</b>   |   |                              |                                |