

## 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.

### 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

\*Starts Friday 1st November 2019

MON	TUE	WED	THU	FRI	SAT	SUN
7:00 GES Briar	7:00 OPEN Briar					
8:00 GES Briar	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	9:00 OPEN	9:30 OPEN Belinda
10:30 GENTLE Briar	10:30 INTERMEDIATE Gwendalyn	10:30 GENTLE Vicki	10:30 GENTLE Tamara	10:30 INTERMEDIATE Briar	10:00 GES Vicki	10:30 GES Belinda
11:30 GES Briar	11:45 STRENGTH & BALANCE Tamara	11:30 GES Vicki	11:30 GES Tamara	11:45 STRENGTH & BALANCE Vicki		
1:00 GES Gwendalyn	1:00 GES Gwendalyn	1:00 GES Tamara		1:00 GES Gwendalyn		
				2:00 INTERMEDIATE Gwendalyn		
4:00 GES Tamara	4:00 GES Vicki	4:00 GES Briar	4:00 GES Vicki	4:00* GES Rachel		
	5:30 GES Tamara	5:30 OPEN Briar	5:30 GES Vicki			
6:30 INTERMEDIATE Gwendalyn		6:30 CIRCUIT Briar				
7:45 GENTLE Gwendalyn		7:45 MEN'S Briar	7:45 INTERMEDIATE Vicki			