

Pilates & Movement Therapy STUDIO

MONDAY

- 6.00 am TRX Flow
- 12.30 pm Barre & Rhythm Pilates
- 5.00 pm Barre & Rhythm Pilates
- 6.00 pm Barre & Rhythm Pilates

TUESDAY

- 6.00 am Barre & Rhythm Pilates
- 9.30 am Strength & Conditioning
- 10.30 am Pilates for Active Ageing
- 12.30 pm Pilates Stretch & Release
- 1.30 pm TRX Express
- 5.00 pm Fusion
- 6.00 pm STRONG by Zumba

WEDNESDAY

- 6.00 am Studio HIIT
- 10.30 am Pilates Reactivated
- 12.30 pm Pilates Reactivated
- 5.00 pm TRX Express
- 6.00 pm Pilates Reactivated

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THURSDAY

- 6.00 am Barre & Rhythm Pilates
- 9.30 am Strength & Conditioning
- 12.30 pm Pilates Stretch & Release
- 5.00 pm Pilates Reactivated
- 6.00 pm STRONG by Zumba

FRIDAY

- 6.00 am Fusion
- 9.30 am Zumba Gold
- 12.30 pm Pilates Reactivated
- 4.00 pm TRX Flow
- 5.00 pm Pilates Stretch & Release

SUPER SATURDAY

- 7.00 am Pilates Reactivated
- 8.15 am Pilates Reactivated
- 9.30 am Fusion
- 11.30 am Barre & Rhythm Pilates

The first weekend of every month the Studio will be closed. To enable you to do your favourite releases or classes anytime, the Virtual Studio is launching in early 2019.

CLASS DESCRIPTIONS

PILATES REACTIVATED

Joseph Pilates called Pilates 'Contrology'; its true purpose being to teach the science of control of movement. When we work with the nervous system to organise and align the body in a more efficient way, we can translate this to any of our normal and natural daily activities, sports or exercise. The alignment and fascial systems interact together to create balance, stability, mobility and flexibility. Whether you are an athlete, would like to enjoy your chosen activity or simply get to the end of your working day without pain or tightness, this class is an excellent addition to your regular routine.

STRETCH & RELEASE

This class aims to provide relief from modern day poor posture, improve function and prepare you for your chosen sport or activity.

PILATES FOR ACTIVE AGEING

Specifically designed to provide strength, mobility and joint integrity training to help older adults maintain their cardiovascular health, strength, flexibility and independence.

BARRE & RHYTHM PILATES

Combines the core strength, control and precision of Pilates with the positions, moves and grace of ballet. The elements fuse to form a challenging and motivating workout.

STUDIO HIIT

Short intervals of extremely high-intensity exercise involving a lot of muscle mass require a tremendous amount of oxygen, during both the work interval and the recovery periods. As a result, HIIT workouts are extremely effective and train your body to tolerate and quickly recover from periods of high-intensity exercise. Improved muscle capacity and aerobic efficiency combine for the greatest benefit. This class will combine all facets of Studio training both indoors and outdoors.

TRX EXPRESS

TRX is a form of training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX suspension trainer which leverages gravity and the users body weight to perform the exercises to improve both cardio and strength. In 45 minutes you will work every muscle group in every plane of motion with intensity easily adjusted to suit the individual.

STRONG BY ZUMBA

For those looking for a more challenging, high intensity interval training workout. The music in STRONG by Zumba™ was crafted to drive the intensity in a progressive, body weight environment that provides a total body workout.

Warning: This ain't no dance class!

STRENGTH & CONDITIONING

Incorporates functional fitness concepts in a small group environment to create a motivating and social class to build strength and cardiovascular fitness. Suitable for beginners through to baby boomers.

FUSION

A fusion of boxing, yoga and Pilates designed to train integrated strength, mobility and balance. The choreography combines functional strength movements along with Pilates inspired exercises and yoga flows.

ZUMBA GOLD

We take the Zumba formula and modify the moves and pacing to suit the needs of the active older participant.

TRX FLOW

Mobility and core focused workout combines yoga and pilates inspired movements on the TRX suspension trainer. The TRX provides added leverage for more advanced participants whilst also providing greater stability for those who are less mobile or new to this style of movement. Flowing sequences, both relaxing and energising, promote range of motion, flexibility and activation of the deep stabilisers of the spine and pelvis. *As this is a space limited class, please arrive promptly to avoid disappointment.*