

Pilates & Movement Therapy STUDIO

MONDAY

- 6.00 am TRX Flow
- 9.30 am Pilates for the Active Ageing
- 12.30 pm Barre & Rhythm Pilates
- 5.00 pm Barre & Rhythm Pilates
- 6.00 pm Synergy

TUESDAY

- 6.00 am Barre & Rhythm Pilates
- 9.30 am Strength & Conditioning
- 12.30 pm Pilates Stretch & Release
- 1.30 pm TRX Express
- 5.00 pm Fusion
- 6.00 pm TRX Flow

WEDNESDAY

- 10.30 am Pilates Reactivated
- 12.30 pm Synergy
- 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 Release & Restore
- 5.00 pm Pilates Reactivated
- 6.00 pm Fusion

FRIDAY

- 6.00 am Synergy
- 9.30 am Zumba Gold
- 12.30 pm Pilates Reactivated
- 4.00 pm TRX Flow
- 5.00 pm Happy Hour

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. Do your favourite releases or classes anytime through the Virtual Studio @ www.pamts.com.au

CLASS DESCRIPTIONS

PILATES REACTIVATED

Pilates updated to suit modern day alignment and postural patterns. Working with the nervous system to organise and align the body to enable efficient movement and correct imbalances. This allows movement all day to create strength and endurance rather than weakness and tightness. Whether you are an athlete looking to improve performance and correct restrictions, or you simply want to end your working day without pain or tightness, this class is a great addition to your regular routine.

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.

SYNERGY

A slow and intentional class incorporating the mantra 'move every muscle and every joint in every direction every day'. Connection of mind, breath and movement to build strength, endurance, flexibility and mobility. Feel relaxed, energised and enjoy the benefits of bringing synergy to all systems of the body.

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.

STRETCH & RELEASE

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

RELEASE & RESTORE

Slow moving release of connective tissue and muscular tension created by modern day life, our sports and training activities. This class will undo the tension which creates poor posture, alignment and movement habits across every area of our lives. A completely different approach to improving range of motion and flexibility.

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.

HAPPY HOUR

Combining the stretch, release and restore classes to gently undo the desk, the training or stress of the working week.

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.

TRX EXPRESS

This 45 minute class will integrate every muscle group to develop strength, balance and stability simultaneously. Using the TRX suspension trainers which leverage gravity and body weight to easily decrease or increase intensity to suit the individual.

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.*