

Pilates & Movement Therapy  
**STUDIO**

## MONDAY

- 6.00 am Synergy 🌸
- 9.30 am Pilates for Active Ageing 🌸
- 12.00 pm Barre & Rhythm Pilates 🌸
- 4.00 pm Barre & Rhythm Pilates
- 5.00 pm Barre & Rhythm Pilates
- 6.00 pm TRX Flow 🌸

## TUESDAY

- 6.00 am Barre & Rhythm Pilates 🌸
- 9.00 am Strength & Conditioning
- 12.00 pm Pilates Stretch & Release 🌸
- 1.15 pm TRX Express
- 5.00 pm Fusion 🌸
- 6.00 pm Power Yoga 🌸

## WEDNESDAY

- 6.00 am Pilates Reactivated 🌸
- 9.00 am Barre & Rhythm Pilates
- 10.00 am Mums & Bubs Yoga 🌸
- 12.00 pm Power Yoga
- 1.15 pm TRX Flow
- 5.00 pm TRX Express
- 6.00 pm Pilates Reactivated

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## THURSDAY

- 6.00 am Barre & Rhythm Pilates
- 9.00 am Strength & Conditioning
- 12.00 pm Release & Restore 🌸
- 1.15 pm Synergy
- 3.45 pm Kids Yoga & Meditation
- 5.00 pm Pilates Reactivated
- 6.00 pm Fusion

## FRIDAY

- 6.00 am Self-Love Circle
- 9.00 am Dance Fitness for Seniors 🌸
- 12.00 pm Pilates Reactivated
- 4.00 pm TRX Flow
- 5.00 pm Pilates Stretch & Release 🌸

## SUPER SATURDAY

- 6.45 am Yin Yoga 🌸
- 8.00 am Pilates Reactivated 🌸
- 9.30 am Fusion
- 11.00 am Barre & Rhythm Pilates
- 3.00 pm Bucket Beats

My  
**STUDIO**  
**LIVE**    
Effective September 2020

# CLASS DESCRIPTIONS

## **PILATES REACTIVATED**

Pilates updated to suit modern day alignment and postural patterns allowing movement all day to create strength and endurance rather than weakness and tightness.

## **BARRE & RHYTHM PILATES**

Combines the core strength, control and precision of Pilates with the positions, moves and grace of ballet.

## **SYNERGY**

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.

## **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**

This class will undo the tension which creates poor posture, alignment and movement habits across every area of our lives.

## **STRENGTH & CONDITIONING**

Incorporates functional fitness concepts in a small group environment to create a motivating class to build strength and cardiovascular fitness.

## **FUSION**

A high cardio fusion of boxing, yoga and Pilates designed to train integrated strength, mobility and balance.

## **DANCE FITNESS FOR SENIORS**

Dancing our way to fitness! Mobilise joints, improve balance and coordination; all to tunes you will love.

## **TRX EXPRESS**

This 45 minute class will integrate every muscle group to develop strength, balance and stability.

## **TRX FLOW**

Mobility and core focused workout combines yoga and Pilates inspired movements on the TRX suspension trainer.

## **YIN YOGA**

A slow and gentle class to awaken the body and mind. End the class with a peaceful meditation to bring gratitude and positivity to your mind.

## **KIDS YOGA & MEDITATION**

A fun and relaxing class to get energy out and bring calm. Kids will engage in poses, games and meditations that will encourage movement, balance, coordination, social skills and peace of mind. Designed for ages 5-12 years.

## **BUCKET BEATS**

A fun and interactive way to learn rhythm, beat and musical skills. Every beat learnt on the bucket is transferable to a real drum kit. Designed for ages 5-12 years.

## **MUMS & BUBS YOGA**

Enjoy the mother and baby connection with gentle yoga for Mum whilst baby is free to roll safely on the mat. Engage in tummy time and positions designed to nurture the relationship along with encouraging important movements to help baby develop well.

## **PILATES FOR ACTIVE AGEING**

A slow relaxing yet strong class designed to bring safe movement to the joints and muscles. Focus on stability, mobility and flexibility.

## **SELF LOVE CIRCLE**

The perfect routine to set you up for a happy and productive day. Awakening yoga flows, meditation, journaling and the use of optional essential oils. This class is the ultimate self care routine.

## **POWER YOGA**

Ignite fire in your body with this Vinyasa inspired class. Using strong sequences get ready to sweat and enjoy the challenge that will bring heat, stamina and strength. Focus on body and mind by finishing with a short meditation.

*Please book online to secure your place in class @ [www.pamts.com.au](http://www.pamts.com.au)*

**[WWW.PAMTS.COM.AU](http://WWW.PAMTS.COM.AU)**

We welcome  
**fitness  
passport**



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