



CLINICAL PILATES – Class Time Table

MONDAYS:

10am Beginners/Improvers
(starting after Easter 2016)

TUESDAYS:

8.30am Improvers
10am Beginners/Improvers
11.15am Intermediate
2pm Advanced

WEDNESDAYS:

10am Improvers
12.45pm Beginners/Improvers
2pm Advanced

THURSDAYS:

8.30am Improvers
10am Healthy Bones
11.15am Improvers
6pm Beginners/Improvers
7.15pm Intermediate
8.30pm Advanced

CLASS LEVELS

Beginners:

Introduce your body to the benefits of Pilates. This class is ideal for those who are injured. Learn to use your inner core and stability muscles to improve your strength, posture and flexibility.

Improvers:

For experienced beginners who are not quite ready to leap to intermediate.

Intermediate/Advanced:

These are higher level classes for those without injury. A great progression for clients experienced in Pilates, ready to move to a higher level of strength, control and balance.

Healthy Bones/Standing Pilates:

A class aimed at improving bone health, spending time in the functional position of standing, working on balance, gluteal strength and tone as well as strength, mobility and flexibility.