



PILATES AND YOGA SHED

MAT PILATES & YOGA TIMETABLE

NEW TERM STARTING MONDAY 30th JANUARY 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						PILATES & YOGA FUSION 8.30-9.30
		Mums & Bubs YOGA & PILATES 10.00-11.00		Mums & Bubs YOGA & PILATES 10.00-11.00		NEW COURSE Beginner PILATES 9.30-10.30
PM			Kids 7-12 years YOGA 4.15-5.00	Kids 7-12 years YOGA 4.15-5.00		Prenatal PILATES & YOGA 10.30-11.30
	Open Level MAT PILATES 6.30-7.30	NEW COURSE Beginner PILATES 6.00-7.00	Beginner / Level 1 YOGA 6.30-7.30	NEW COURSE Beginner PILATES 6.00-7.00		
	NEW COURSE Beginner PILATES 7.30-8.30	Open Level MAT PILATES 7.00-8.00	NEW COURSE Beginner PILATES 7.30-8.30	Open Level MAT PILATES 7.00-8.00		
		NEW COURSE Beginner PILATES 8.00-9.00		NEW COURSE Beginner PILATES 8.00-9.00		

Mat Pilates: A series of conditioning exercises, performed on a mat, that combine breathing, lengthening & strengthening to help support and move your body efficiently & with ease

Reformer Pilates: Take your Pilates experience to a whole new level! A machine with a sliding platform, springs and pulleys. You'll reconnect with muscles you forgot were yours.

Yoga: Our classes incorporate postures with alignment, flow and movement, correct utilisation of the breath, focus of the mind and awareness to encourage and become free from habit and expectation. You'll not only improve your flexibility, strength and balance but you will feel a sense of wellness as you open and release deep tension and stress.

Individual and Small Group Sessions: Tailored to your needs using Cadillac, Chair, Reformer and Barrel.

Yoga & Pilates Combined: What more can we say than the best of both practices to give you a complete mind & body experience leaving you feeling energised, balanced and open.

Prenatal Pilates + Yoga: Postures and exercises to give you strength and balance during pregnancy and prepare your body for labour and the demands of a new baby.

Mums & Bubs Pilates & Yoga: For new mums (with bubs) to strengthen pelvic floor & abdominal muscles, stretch and move the body again after your pregnancy & childbirth.

Kids Yoga: It's a safe, fun & imaginative program that utilises stories, music, traditional Yoga poses & creative Yoga poses, breathing & relaxation to pass on to children the tools for living happy & healthy lives.



PILATES AND YOGA SHEDS

REFORMER PILATES TIMETABLE

NEW TERM STARTING MONDAY 30th JANUARY 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AM		Beginner REFORMER PILATES 6.30-7.30	CLINICAL SMALL GROUP PILATES 7.00-8.00	Beginner REFORMER PILATES 7.00-8.00	REFORMER PILATES 6.30-7.30	Beginner / Level 1 REFORMER PILATES 8.30-9.30	
	NEW COURSE Beginner REFORMER 10.00-11.00	CLINICAL SMALL GROUP PILATES 11.00-12.00	Beginner / Level 1 REFORMER PILATES 9.30-10.30		CLINICAL SMALL GROUP PILATES 7.30-8.30	Level 1 / 2 REFORMER PILATES 9.30-10.30	
	CLINICAL SMALL GROUP PILATES 11.00-12.00				CLINICAL SMALL GROUP PILATES 10.00-11.00	NEW COURSE Beginner REFORMER 10.30-11.30	
PM	NEW COURSE Beginner REFORMER 5.30-6.30	NEW SMALL GROUP CLINICAL 5.30-6.30	NEW COURSE Beginner / Level 1 REFORMER PILATES 6.00-7.00	CLINICAL SMALL GROUP PILATES 5.30-6.30	NEW COURSE Beginner REFORMER 6.00-7.00	CLINICAL SMALL GROUP PILATES 6.00-7.00	
	Level 1 / 2 REFORMER PILATES 6.30-7.30	Level 1 REFORMER PILATES 7.00-8.00	NEW COURSE Beginner / Level 1 REFORMER PILATES 6.30-7.30	Level 1 / 2 REFORMER PILATES 7.00-8.00			
	NEW COURSE Beginner REFORMER 7.30-8.30	NEW COURSE Beginner REFORMER 8.00-9.00	Level 1 REFORMER PILATES 7.30-8.30	Beginner / Level 1 REFORMER PILATES 8.00-9.00			

PRICES

Drop In Classes: Mat Pilates & Yoga \$19 Reformer Pilates \$29 (All Reformer Classes must be pre-booked)

10 Class Pass: Mat Pilates & Yoga \$165 Reformer Pilates \$250
Multi Pass of 5 Mat & 5 Reformer classes \$205 (All passes are to be used within 12 weeks of purchase)

Small Group sessions: \$35 per person. Max 5 per class Using Cadillac, Chair, Reformer & Barrel

Individual Sessions: \$60 (1 hour) \$50 (45min) Session specific to your needs using all Pilates equipment

Membership: Unlimited Mat Pilates & Yoga \$50 per fortnight
1 Reformer Class per week plus unlimited Mat \$74 per fortnight
2 Reformer Classes per week \$80 per fortnight (Conditions apply to all memberships – please enquire)

Shed Membership: 2 Reformer Classes plus unlimited Mat classes \$95