

Exercise Class Timetable: August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		9:30am RX Pilates <i>Kirsten</i>		8:10am RX*45 Pilates <i>Megan</i>
9:10am RX*45 Pilates <i>Megan</i>		9:30am FX Pilates <i>Piper</i>	9:00am Reconditioning & Mobility <i>Tricia**</i>	9:10am RX*45 Pilates <i>Megan</i>
	10:30am Reconditioning & Mobility <i>Piper</i>	10:30am Men's Exercise Group <i>Kirsten</i>	10:00am FX Pilates <i>Piper</i>	10:30am FX Pilates <i>Piper</i>
10:30am Women's Strength Training <i>Kirsten</i>	11:30am Pre & Post Natal RX <i>Piper</i>	11:30am Women's Strength Training <i>Piper</i>		10:30am Men's Exercise Group <i>Kirsten / Piper</i>
11:30am Joint Replacement Clinic	11:30 GLA:D Arthritis Class <i>Megan</i>		11:30am Joint Replacement Clinic	11:30 GLA:D Arthritis Class <i>Megan</i>
2:30pm Joint Replacement Clinic		4:00pm RX Pilates <i>Megan</i>	2:30pm Joint Replacement Clinic	
4:00pm RX Pilates <i>Dave / Kirsten</i>	5:20pm FX Pilates <i>Megan</i>	5:00pm RX Pilates <i>Megan</i>	5:30pm FX Pilates <i>Kirsten</i>	

RX = Resistance Exercise Class (Using Reformer & Pilates equipment)

RX*45 = High Intensity 45-minute RX class

FX = Floor Exercise (mostly on Exercise Mats)

** asterisked classes: no health fund rebate available

Physio and Exercise Physiology Classes

FX Pilates Class

- Floor/ mat-based exercises, including Pilates based exercises
- Suitable for Beginners through to experienced participants
- Excellent for Core, balance, strength & flexibility
- One-on-one consultation required before commencing

RX Group Class

- Pilates inspired Resistance classes
- Mostly using Pilates Reformers and EXO Chairs
- Suitable for medium to advanced levels
- Individual assessment and program, small class sizes
- One-on-one consultation required before commencing

RX*45 Group Class

- High intensity 45-minute format spent mostly on the Reformer
- Suitable for those with prior RX class experience
- Ideal for those looking to get their heart rate up!

Group Exercise Classes (Women's, Men's, Reconditioning & Mobility)

- Suitable for all levels
- Ideal for those wanting to improve fitness, balance and function
- Help reduce weight, and increase tone and strength
- One-on-one consultation required before commencing

Post-Natal / Ante-Natal RX Group Class

- Individual assessment and program
- Suitable for women in their 2nd and 3rd trimester
- Safe and suitable exercise during pregnancy
- Post-natal participants must have attended 6-week GP/Obstetrician check up
- Babies welcome to class (until crawling)
- Improves posture, general conditioning, core & pelvic floor strength
- Can assist in management of back pain and muscular tension

Joint Clinic

- Specific class post Total Knee or Total Hip Replacement surgery
- Individualised Exercises to improve range or movement, strength and function
- Great Group environment with people who have undergone similar surgery

GLA:D Classes (Good Living with Arthritis: Denmark)

- Specialised exercise class for people with Knee or Hip Arthritis
- See separate flyer for more details
- One-on-one consultation required before commencing



Pilates & Exercise Class Timetable & Membership Options

FX (Floor Exercise) & Group Exercise Classes

Single Class: \$30

6 Class FX flexi-pass: \$150 (\$25/class)

12-Class FX flexi-pass: \$240 (\$20/class)

RX & RX*45 (Resistance Exercise) Classes

Single Class: \$40

6 Class RX flexi-pass: \$216 (\$36/class)

12-Class RX flexi-pass: \$360 (\$30/class)

3-MONTH MULTI-CLASS \$600.00

Valid for up to 3 RX, FX &/or Group Exercise classes per week
(Approximately \$16 per class if 3 classes/week attended)

Joint Clinic & GLA:D Classes

\$40 per class

*All multi & flexi-passes expire after 3 months
Passes / Memberships are not transferrable or refundable
Late cancellations (<24 hours) & non-attendances will incur 1x class fee*

*Rebates are available for our Physio & EP led classes with most Private
Health Funds depending on level of cover
We recommend you check with your Health Fund*

NO REFERRAL REQUIRED FOR PRIVATE CLIENTS

Bookings essential on 6885 1188