

## Exercise Class Timetable: January-March 2024

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

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: \$33

6 Class FX flexi-pass: \$162 (\$27/class)

12-Class FX flexi-pass: \$252 (\$21/class)

### RX & RX\*45 (Resistance Exercise) Classes

Single Class: \$44

6 Class RX flexi-pass: \$228 (\$37.50/class)

12-Class RX flexi-pass: \$375 (\$31.25/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

\$44 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**