

THE BANKS HEALTH STUDIO

TIMETABLE COMMENCING AUGUST 10 • BEGINNER COURSES COMMENCE AUGUST 17TH

PILATES MAT TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|----------|------------|-----------|-----------|--------|------------|
| 6.45am | | Level 1 | | | | |
| 9.30am | Beginner | MummyBaby | | | | Beginner |
| 10.15am | | | Beginner | | | |
| 10.30am | | | | MummyBaby | | Post Natal |
| 6.00pm | | Beginner | | | | |
| 6.30pm | Beginner | | Level 1 | Beginner | | |
| 7.00pm | | | | | | |
| 7.30pm | Level 1 | | Beginner | | | |
| 8.00pm | | Post Natal | | | | |

PILATES REFORMER TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|----------|----------|-----------|----------|--------|----------|
| 6.00am | | Reformer | | | | |
| 7.30am | | Reformer | | | | |
| 8.15am | | | | | | Reformer |
| 9.00am | | | | | | Reformer |
| 9.30am | | | Reformer | Reformer | | |
| 9.45am | | | | | | Reformer |
| 10.30am | Reformer | Reformer | | | | Reformer |
| 11.15am | Reformer | | | | | Reformer |
| 11.30am | | | | Reformer | | |
| 5.45pm | Reformer | | Reformer | Reformer | | |
| 6.30pm | Reformer | | Reformer | | | |
| 7.00pm | | Reformer | | | | |
| 7.30pm | Reformer | | Reformer | Reformer | | |
| 7.45pm | | Reformer | | | | |
| 8.15pm | Reformer | | Reformer | | | |

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PILATES FEE SCHEDULE

Casual Visits:

Mat classes \$18

Reformer \$28

(Bookings essential - max 3 pp)

Private sessions \$60

Beginner Courses \$130

(8 weeks)

10 Visit Passes:

Mat classes \$150

Reformer \$250

Private sessions \$560

Multi Passes:

Pilates Combo \$200

(5 x mat and 5 x Reformer)

Pilates Pack \$350

(5 x mat and 5 x One on One)

Pilates Membership: \$74 per fortnight, flexi term

(Includes 1 x Reformer class and up to 3 x Mat classes per week)

Membership Terms and Conditions:

- Reformer classes must be booked
- \$50 joining fee
- Minimum 3 month commitment, no exit fees thereafter
- Membership is transferable

Membership holders receive 10% discount on any additional service (pilates or personal training studio)

PILATES CLASS DESCRIPTIONS

Beginner Mat Pilates - an 8 week introductory course to teach you the foundations and principles of the Pilates Method. All beginner courses must be booked.

Level 1 Mat - a progressive class designed to improve strength & mobility with the aim of increasing your knowledge and understanding of the Pilates principles.

**Note: mat classes are not appropriate for individuals with muscular, joint or disc conditions, and are not recommended during pregnancy. Please speak to an instructor for more suitable recommendations.*

Post Natal Pilates - an educational class designed to strengthen the back, abdominal and pelvic floor muscles. Filled with tips and information to assist with a safe and gentle return to exercise, this class is a must for all new mums!

MummyBaby Pilates - a Post Natal class where babies are welcome to join mum in the studio. An opportunity to meet other mums, learn the basics of the Pilates method and exercise in a supportive and encouraging environment.

**Please check with your instructor for advice on when it is most suitable for you to commence Post Natal and/or MummyBaby classes.*

Reformer Pilates - enhance your pilates experience with this total body workout. A series of conditioning exercises performed on a machine using springs and straps, with a focus on building upper and lower body strength, and creating balance and alignment in muscles and joints. Caters to all levels and is taught as a semi-private session, max 3 participants. Bookings essential.

Individual Pilates - a private session catering for all levels, from beginners needing extra supervision, to athletes seeking specific training & conditioning, and for individuals requiring an injury rehabilitation program. Includes an assessment of postural and movement patterns and a program designed for your individual needs. Exercises are performed on both the mat and reformer and incorporate the use of small apparatus.