

THE BANKS HEALTH STUDIO

PILATES TIMETABLE OCTOBER 12TH TO DECEMBER 23RD 2009

PILATES MAT TIMETABLE

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

PILATES REFORMER TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am		Reformer				
7.30am						
8.15am						
9.00am						Reformer
9.30am						
9.45am						Reformer
10.30am	Reformer	Reformer	Reformer			
11.15am	Reformer					
11.30am				Reformer		
5.45pm	Reformer		Reformer	Reformer		
6.15pm		Reformer				
6.30pm	Reformer		Reformer			
7.00pm						
7.30pm	Reformer		Reformer	Reformer		
7.45pm						
8.15pm	Reformer		Reformer			

PILATES FEE SCHEDULE

Casual Visits:

Mat classes	\$18
Reformer (Bookings essential - max 3 pp)	\$28

Private sessions	\$60
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Beginner Courses (8 weeks)	\$140
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10 Visit Passes:

Mat classes	\$150
Reformer	\$250
Private sessions	\$560

Multi Passes:

Pilates Combo (5 x mat and 5 x Reformer)	\$200
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Pilates Pack (5 x mat and 5 x One on One)	\$350
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Pilates Membership:

Flexi term (Includes 1 x Reformer class and up to 3 x Mat classes per week)	\$74 per fortnight
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Membership Terms and Conditions:

- Reformer classes must be booked
- \$50 joining fee
- Minimum term 3 months
- 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.*

MummyBaby Pilates - a post natal class designed to strengthen the back, abdominal and pelvic floor muscles. Filled with educational tips to assist with a safe and gentle return to exercise, this class is a must for all new mums! Babies are welcome to join mum in the studio. Mothers Groups sessions available by appointment

**Please check with your instructor for advice on when it is most suitable for you to commence post natal 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.