



Physiotherapy Pilates Timetable 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		7.15 -8.00 Beginners / Intermediate (alters)	7.15 -8.00 Beginners		7.15 -8.00 Intermediate
Noon		12.15-1 Beginners		12.15-1.00 Intermediate	12.00-12.45 Intermediate
		1.00-1.45 Intermediate	1.00-1.45 Beginners	1-1.45 Intermediate	12.45- 1.30 Beginners
After Work	5.15-6.00 Beginners	5.15-6.00 Pregnancy	5.15-6.00 Beginners	5.15-6.00 Intermediate	
	6.00-6.45 Beginners	6.00-6.45 Beginners	6.00-6.45 Intermediate	6.00-6.45 Beginners	

Key: Beginners Intermediate Advanced Pregnancy

For class descriptions, class availability and pricing please request further information from reception.

Course Options and Overview

- **Beginners Pilates Program (6 weeks, option of 1 or 2x per week):** Suitable for people who: have little or no Pilates experience, haven't completed Pilates for a while, are recovering from an injury and those who require more strength prior to progressing to an intermediate class. The first session will include detailed instruction on how to properly contract "core muscles" and then progress gradually from week to week to safely prepare clients for higher level programs or effective home based Pilates.
- **Intermediate Pilates Program (6 weeks, option of 1 or 2 x per week):** Suitable for students who have previously attended Physiotherapy Pilates and are not recovering from serious injury. Exercises are at a higher level and generally progress and flow faster.
- **Intermediate Program (Casual Attendance):** Recommended for those that can not commit to a six week program due to work or holiday commitments or want to "top up" intermittently between weekly sessions. Per session fees are higher.
- **Pregnancy Pilates Program (6 weeks):** Suitable for women who are pregnant and are not experiencing any pregnancy related complications. We recommend getting clearance from your GP or Obstetrician prior to commencing the class. The classes will include a selection of Pilates based exercises on the mat using fitballs and therabands that are suitable to be done throughout the duration of pregnancy.