



## Group Classes - 45 to 50 min Bookings Essential

	MON	TUE	WED	THU	FRI	SAT
7 am		Intermediate Mat Pilates		Cardio Fit Class		
8 am		Cardio Fit Class		Beginners Mat Pilates		Beginners Mat Pilates
9 am						Barre Class
10 am						Stretch and Release
6 pm	Beginners Mat Pilates	Cardio Fit Class	Intermediate Mat Pilates	Barre Class		
7 pm	Barre Class	Beginners Mat Pilates	Cardio Fit Class	Intermediate Mat Pilates		

### Beginners Mat Pilates

Ideal for the beginner and for days when you don't want such a vigorous workout. These classes are at a slower pace to ensure all the fundamentals are understood and good technique is established. The class also focus on breathing and correct engagement of the pelvic floor muscles.

### Intermediate Mat Pilates

Ideal for people with some Pilates experience, intermediate exercises will be taught at this level While continuing to focus on body alignment, control, and precision.

### Cardio Fit Class

For anyone looking to challenge themselves through a workout that includes strength and cardio. Offers a mix of intervals, strength exercises and more to get your heart rate going.

### Stretch and Release Class

The class is designed to be an all over mobility and flexibility class to target common areas that tighten up in people with everyday use. This class is excellent to work on those areas you may not spend as much (or any) time on as you should. The class is a mixture of individual and partner stretching, mobility exercises and self release techniques.

### Barre Class

This ballet inspired class mixes elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.