

ARMADALE EXERCISE TIMETABLE



IN-PRACTICE CLASSES :

Maximum of 6 people per Reformer Pilates class. Maximum of 8 per P40 class. Bookings essential.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30AM			RP		RP
9:30AM			P40		P40

LIVE STREAM CLASSES:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM	SWISE	STRETCH		SWISE	STRETCH
8:20 AM	F'TION				
10:20 AM	P40				
11:00AM			SWISE	SWISE	SWISE

PRICING: Please note, in-practice classes can be claimed on private health insurance, if you have applicable extras cover. Live stream classes are not claimable.

Live Stream: \$35 per week. Payment gives you access to all live stream classes for the week.

In-Practice:

Reformer Pilates:

Casual: \$40 | 5 pack: \$191 (\$38.20 per class) | 10 pack: \$362 (\$36.20 per class)

P40: Casual: 29 | 5 pack: \$136

(\$27.20 per class) | 10 pack: \$260 (\$26.00 per class)

STRENGTHWISE

Strengthwise is a group fitness class designed to improve and maintain muscle and bone strength using resistance training. Classes also aim to increase balance, mobility and flexibility. Duration: 60 minutes.

STRETCH & FLOW

This class is suitable for all ages and fitness levels. In this class we use props to help our bodies stretch comfortably using Yin Yoga inspired principles. (Breath, mindfulness and gentle movement). Designed and instructed by a physiotherapist. Duration: 40 minutes.

P40

This group circuit class is specifically designed for pregnant and post-natal women. If you are wanting to stay active during or after your pregnancy and feel safe while doing so, this is the class for you. Duration: 40 minutes.

REFORMER PILATES

Reformer Pilates is a form of exercise using spring loaded equipment (reformer machines) to improve your body awareness, flexibility, strength, endurance, tone and balance. This class has a maximum of 6 people. Duration 50 minutes.

FOUNDATION PILATES

Foundation Pilates is a gentler class, that would be suitable if you are new to pilates or wanting to compliment your usual program, enjoy a 40 minute class focused on technique and set up of foundation exercises, with a strong focus on engaging your core and pelvic floor correctly. Duration: 40 minutes.

Current at 20/04/2021.