

## Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
8am Mat Anna			8.00am Studio Bree	
9.15am Mat Bree	9.30 am Studio Vicky	9.30am Mat Bree	9.15am Studio Bree	
10.30am Studio Bree	10.30am Studio Vicky	10.45am Studio Bree	10.30am Matt L1 Bree	10.30am Studio Vicky
12pm Studio Catherine				11.30am Studio Vicky
			1.30pm Studio Catherine	1.30 pm Mat Anna
5pm Studio Anna	5.30pm Mat Catherine		5.15pm Mat Vicky	
6.00pm Studio Bree	6.30pm Mat Catherine	6.15pm Blokes Mat Lauren	6.15pm Mat Vicky	

### WHAT IS PILATES?

Pilates is a mix of floor and equipment-based exercises designed to stretch, strengthen, and balance the whole body, but can assist greatly with rehabilitation of specific injuries. It's a combination of techniques from a number of disciplines - including yoga, self defence and dance - creating a mind-body control approach that aims to increase core strength and balance, as well as general fitness and well-being.

### MAT MIXED:

In Mat Pilates classes you will work in a group of up to 8 people and the instructor will take you through an entire body work-out. In general everyone is working on the same exercise simultaneously, although your instructor will be able to make modifications to the exercises to account for your ability level. This is possible because class members are still relatively small. Mat Pilates classes generally run in a 6 week blocks, however casual attendance can be possible, Depending on when you start you may join an existing class. Please enquire at reception for details on current classes.

### STUDIO:

This Pilates based class is performed on the Pilates equipment in the gym and exercises are progressed by the instructor. Ideal for clients wanting more one on one instruction. Maximum of 4 per class.

### CORE CIRCUIT:

This dynamic class has been developed for those individuals who are looking for a more active class. The class caters for all abilities, those returning from injury or those wanting a dynamic core workout to improve functional stability for the challenges of daily life or training for sporting events. Each exercise is progressed through various levels and uses a variety of equipment including Swiss balls, foam rollers, weights and the Pilates reformer. This class is suitable for Maximum of 8per class.

Sessions run in six weekly blocks for mat and core classes, and concessions for studio. While we encourage you to book a block, we do cater for casuals when and where we can. Class timetables are liable to change from time to time

### YOUTUBE CHANNEL:

We have created a YouTube Pilates channel to help you remember some of the Pilates exercises to practice at home. To find the channel: open [www.YouTube.com](http://www.YouTube.com) and search for Central Lakes Physio where you should find the link. Or use: <https://www.youtube.com/channel/UCNbXrmGpDit46Msx8FFEBcA>