

Timetable

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

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. Pilates will teach you how to move well, creating mind-body control that aims to improve posture, core strength and balance, as well as general fitness and well-being.

STUDIO:

This Pilates class is performed on the Pilates equipment in the studio, including reformers, trapeze table and Pilates Wonder Chair as well as smaller equipment. Everyone in the class is doing an individualised programme with the instructor rotating around the class members, correcting and progressing their exercises. Ideal for clients wanting more one on one instruction or recovering from injury. If you have never done studio Pilates before, we ask that you book in for a 1-on-1 session prior to starting in a class. Buying classes in concession blocks on 5 or 10 is the most cost-effective option. *Maximum of 4 per class.*

MAT MIXED:

In mat Pilates classes the instructor will take you through an entire body work-out. In general everyone is working on the same exercise simultaneously, although the instructor will be able to make modifications to the exercises to account for ability levels. Mat Pilates classes generally run in a 6-week blocks, however casual attendance can be possible depending on availability. If you have never attended Pilates before it is recommended that you start at the beginning of a 6-week block. *Maximum of 8 per class.*

Class timetables are liable to change from time to time

Pricing can be found on our website: www.physiowanaka.co.nz/pilates-classes-wanaka/

YOUTUBE CHANNEL:

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