

Monday	Tuesday	Wednesday	Thursday	Friday
8am Mat Anna			8.00am Studio Marta	8.00am Mat Kerry
9.15am Mat Marta	9.15 am Studio Marta	9.30am Mat Vicky	9.15am Studio Marta	
10.30am Studio Marta	10.30am Studio Marta	10.45am Studio Vicky	10.30am Mat Marta	10.30am Studio Vicky
			1.30pm Studio Anna	11.30am Studio Vicky
				1.30 pm Mat Anna
5pm Studio Anna	5.15pm Mat Vicky		5.15pm Mat Kerry	
6.15pm Studio Marta	6.30pm Mat Vicky	6.00 pm Blokes Mat Kerry	6.30pm Mat Kerry	

#### 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/](http://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](http://www.YouTube.com) and search for Central Lakes Physio where you should find our channel. Or use: <https://www.youtube.com/channel/UCNbXrmGpDit46Msx8FFEBcA>