

REFORMER PILATES TIMETABLE

	TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
REFORMER STUDIO	5.30 AM		STRENGTH	HYBRID	MOVEMENT			
	6.30 AM	MOVEMENT	STRENGTH	HYBRID	MOVEMENT			
	7.30 AM	CORE & LOWER BODY					MOVEMENT	
	8.30 AM		CORE & LOWER BODY		HYBRID		STRENGTH	
	9.30 AM		CORE & LOWER BODY	JUMP/MOVEMENT	STRENGTH	MOVEMENT	JUMP/MOVEMENT	
	10.30 AM	MOVEMENT		MOVEMENT		STRETCH & RECOVERY		
	4.30 PM	HYBRID	STRENGTH		MOVEMENT			
	5.30 PM	STRENGTH	MOVEMENT		STRETCH & RECOVERY			

CLASS DESCRIPTION

MOVEMENT	55 MINS - A wonderful workout introduction to reformers. Balance, alignment, core strength and muscle tone are all worked on while using the Pilates Reformer equipment. Your unique strength and flexibility are accommodated by the reformer machine. An excellent class for beginners, intermediates and experts.
STRENGTH	55 MINS - Strength Pilates is a form of strength training that incorporates resistance training through body weight and other equipment such as small weights. Heavy springs, dumbbells & time under tension help build muscular strength stability, and endurance.
JUMP/MOVEMENT	55 MINS - Incorporating the Reformer jump board with movement, increases muscular endurance and strength. The Jump/Movement program also aids in rehabilitation, and enhances balance and motor coordination. Jump/Movement is a fantastic cardio exercise that will make your heart race.
CORE & LOWER BODY SCULPT	55 MINS - Excellent for strengthening the abdominal area and booty. This class, in turn, improves one's power as well as their strength, flexibility, and overall effectiveness.
HYBRID	55 MINS - A workout that combines Reformer Pilates and strength training in the same session, which is an efficient way to boost your fitness, strength, and heart health all at the same time. A practice that combines Pilates actions that get your heart rate up with routines that are great for strengthening your muscles.
STRETCH/RECOVERY	55 MINS - Lengthen and mobilise your muscles and joints using the reformer resistance. Stretching is a perfect way to reduce tight & tense muscles, increases flexibility and aids in recovery.

TRADING HOURS

Mon - Fri 5am - 8pm | Saturday 6am - 4pm | Sunday 8am - 12pm

REFORMER
PILATES

BOOKINGS ARE ESSENTIAL

Please arrive with plenty of time to begin your class. Late arrivals may be **refused** entry to class.

Visit southportsharks.com.au/fitness-centre/ for further info.