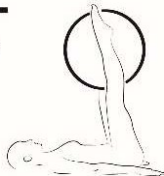


REFORMER PILATES



HAPPY EASTER – 25th – 31st MARCH

TIME	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5.30am		STRENGTH Frooky	HYBRID Brittany	MOVEMENT Crystal	CLOSED		
6:30am	MOVEMENT Brittany	STRENGTH Frooky	HYBRID Brittany	MOVEMENT Crystal			
7:30am	CORE & LOWER BODY Brittany					MOVEMENT Jackie	
8.30am		CORE/LOWER BODY Crystal		HYBRID Michelle W		STRENGTH Jackie	
9.30am		CORE/LOWER BODY Crystal	JUMP/ MOVEMENT Jackie	STRENGTH Michelle W		JUMP/ MOVEMENT Jackie	
10.30am	MOVEMENT Julie		MOVEMENT Jackie				
4.30pm	HYBRID Angela	STRENGTH Michelle J		Movement Diogo			
5.30pm	STRENGTH Angela	Movement Michelle J		STRETCH RECOVERY Diogo			

CLASS DESCRIPTION

Movement: A wonderful introduction to reformers. Balance, alignment, core strength, and muscle tone are all worked on while utilizing the Pilates Reformer equipment. Your unique strength and flexibility are accommodated by the reformer machine. An excellent class for beginners, intermediates, and experts.

Strength: 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: Incorporating the Reformer Jump Board with Movement, increases muscular endurance and strength, The Jump program also aids in rehabilitation, and enhances balance and motor coordination. Jump is a fantastic cardio exercise that will make your heart race!

Core & Lower Body Sculpt: 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: 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: Lengthen and mobilise your muscles and joints using the reformer resistance. Stretching is a perfect way to reduce tight & tense muscles, increases flexibility & aids in recovery.

**Please arrive in plenty of time to begin your class. Late arrivals may be refused entry to class.
BOOKINGS ARE ESSENTIAL!!**

<https://southportsharks.com.au/fitness-centre/group-fitness-classes-timetables/>

Ph. 07 5591 5800 Email: sharksfitness@southportsharks.com.au



Trading hours

Mon – Thu 5am – 8pm, Fri CLOSED
Saturday 6am – 4pm, Sunday 8am – 12pm

REFORMER PILATES



1st – 7th APRIL (3rd April CLOSED 2.30am – 6.30am)

TIME	Mon 1 st	Tue 2 nd	Wed 3 rd	Thu 4 th	Fri 5 th	Sat 6 th	Sun 7 th
5.30am		STRENGTH Frooky	NO CLASS	MOVEMENT Crystal			
6:30am	MOVEMENT Brittany	STRENGTH Frooky	NO CLASS	MOVEMENT Crystal			
7:30am	CORE & LOWER BODY Brittany					MOVEMENT Jackie	
8.30am		CORE/LOWER BODY Crystal		HYBRID Michelle W		STRENGTH Jackie	
9.30am		CORE/LOWER BODY Crystal	JUMP/ MOVEMENT Jackie	STRENGTH Michelle W	MOVEMENT Julie	JUMP/ MOVEMENT Jackie	
10.30am	MOVEMENT Julie		MOVEMENT Jackie		STRETCH RECOVERY Julie		
4.30pm	NO CLASS	STRENGTH Michelle J		Movement Diogo			
5.30pm	NO CLASS	Movement Michelle J		STRETCH RECOVERY Diogo			

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Ph. 07 5591 5800 Email: sharksfitness@southportsharks.com.au



Trading hours

Mon 5am – 6pm, Tue/Thu/Fri 5am – 8pm, Wed 6.30am – 8pm
Saturday 6am – 4pm, Sunday 8am – 12pm