

REFORMER PILATES



TIME	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5.30am	STRENGTH Brittany	STRENGTH Frooky	HYBRID Brittany	MOVEMENT Crystal	HYBRID Michelle W		
6:30am	MOVEMENT Brittany	STRENGTH Frooky	HYBRID Brittany	MOVEMENT Crystal	STRENGTH Michelle W		
7:30am	HYBRID Brittany				HYBRID Michelle W	MOVEMENT Jackie	
8.30am		MOVEMENT Crystal		HYBRID Michelle W		STRENGTH Jackie	STRENGTH MELINDA
9.30am		STRENGTH Crystal	MOVEMENT Jackie	STRENGTH Michelle W	MOVEMENT Julie	MOVEMENT Jackie	MOVEMENT MELINDA
10.30am	MOVEMENT Julie		MOVEMENT Jackie		MOVEMENT Julie		
4.30pm	STRENGTH Angela	STRENGTH Ruby	HYBRID Angela	MOVEMENT Diogo			
5.30pm	HYBRID Angela	MOVEMENT Ruby	STRENGTH Angela	MOVEMENT Diogo			

NEW REFORMER TIMETABLE WITH ADDITIONAL CLASSES!

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.

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.

**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 – Fri 5am – 8pm

Saturday 6am – 4pm, Sunday 8am – 12pm