



SHELLHARBOUR HEALTH
(Corner Wattle & Jindabyne road, Flinders)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00		*Equipment Class			*Equipment Class	
8:30						
9:30						
10:30			Level 1 Mat Class		*Pregnancy	
11:30			*Equipment Class		* Post Natal	
17:00		*Pregnancy	* Post Natal	Level 2 Mat Class		
18:00	Level 3 Mat Class	Level 2 Mat Class	*Equipment Class	Level 1 Mat Class		
19:00						

CLASSES ARE ONGOING.
Classes marked with * may require musculoskeletal screening. All classes are 50 minutes.
Instructed by Physiotherapists
HEALTH FUND REBATES MAY APPLY
ENQUIRIES: T - 024295 4698 E – info@shellharbourhealth.com.au

N.B Class times change subject to demand so please enquire if you can't find your preferred time.

CLASS DESCRIPTIONS	Intensity	Complexity
PILATES LEVEL 1 Strengthen, lengthen & tone your body. This class introduces the principles of Pilates with emphasis on correct technique and forming the foundation for progression. A great intro to the world of Pilates.	Low	Low
PILATES LEVEL 2 This class introduces more challenging movements, builds greater strength and co-ordination.	Medium	Medium
PILATES LEVEL 3 A challenging class for those committed to Pilates and Fitness. Engages speed and agility through flowing movement, end range mobility of limbs and balance.	High	Medium
PILATES EQUIPMENT Introducing variety, this class uses apparatus to isolate muscle groups, add resistance and change degree of difficulty. A great class for conditioning including rehabilitation. Suitable for beginners to advanced.	Medium	Medium
PILATES APPARATUS MAT This is a special class for people who have completed Pilates beginners. It incorporates magic circles, bands, foam rollers and other apparatus to introduce variation and increased degree of difficulty.	Low - Medium	Medium
PILATES PREGNANCY Mat class specific to pregnant women - Children welcome – please enquire	Low	Low
PILATES POST NATAL Mat class specific to post-natal women - Children welcome – please enquire	Low	Low

"Perform at your peak..."