

SHELLHARBOUR HEALTH

(Corner Wattle & Jindabyne road, Flinders)

PILATES TIMETABLE

effective 21/02/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00		*Equipment Class			*Equipment Class	
10:00			Level 1 Mat Class			
11:00			*Equipment Class			
17:00		Level 1 Mat Class	Level 2 Mat Class			
18:00	*Pregnancy	*Post Natal	*Equipment Class	Level 2 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 – 02 4295 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
MAT CLASS 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
MAT CLASS LEVEL 2 This class introduces more challenging movements, builds greater strength and co-ordination.	Medium	Medium
MAT CLASS 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
EQUIPMENT CLASS 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
MAT CLASS PREGNANCY Mat class specific to pregnant women - Children welcome – please enquire	Low	Low
MAT CLASS POST NATAL Mat class specific to post natal women - Children welcome – please enquire	Low	Low



"Perform at your peak..."