



SHELLHARBOUR HEALTH
Onsite/Online Pilates schedule effective 01/07/20

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

CLASSES ONSITE ARE LIMITED IN SIZE DUE TO COVID RESTRICTIONS
Strict hygiene protocols apply
Please bring own mat and towel to onsite classes.
(Packages are not locked into a class time)
Classes marked with * may require screening via questionnaire
All classes are 50 minutes. (allow 60 mins)
Instructed by Physiotherapists
HEALTH FUND REBATES MAY APPLY
BOOKINGS / ENQUIRIES: W: www.shellharbourhealth.com.au 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 you 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..."