

PILATES STUDIO SCHEDULE

time	monday	tuesday	wednesday	thursday	friday	saturday
7:30 a.m.		Mat & Reformer Fusion Annie Multi-Level		Mat & Reformer Fusion Erick Multi-Level		
8:30 a.m.	Mat & Reformer Annie Advanced	Mat & Ref Circuit Training Erick Advanced	Sculpt & Strengthen (Reformer) Annie Intermediate	Jumpboard Training Erick Intermediate	Power Reformer Annie Multi-Level/ Intermediate	
9:30 a.m.		Power Reformer Erick Multi-Level/ Intermediate	Reformer Butt & Thighs Annie Multi - Level		Reformer Katherine Advanced	Reformer Katherine Multi-Level
10:30 a.m.	Mat & Reformer Melissa Multi-Level		Mat & Reformer Kim Beginners			

Last updated: March 2020



For first-time group Pilates users, please call the studio and arrange for a private assessment by our instructor(s) before attending the group classes.

- All classes subject to availability
- Cancellation policy - 24 hours applies to all private and group sessions
- Advanced booking required for all private, semi-private, and group classes, call the Pilates Studio at 6739-4465 or the Sports Counter at 6739-4312.
- Advisable to wear socks during class

PILATES

Beginner - suitable for Members who has basic knowledge of how to use a reformer and doesn't have special issues such as severe back pain

Advanced - on recommendation from your instructor only

Intermediate - suitable for Members who already know the basic exercises and have good core strength

Multi-level - suitable for all members from beginner onwards

CLASS DESCRIPTION

Mat & Reformer Fusion: brings together the benefits of the Mat and Reformer repertoire and provide a wide spectrum of exercises that will target not just your core, but also toning the arms, thighs and legs. Be prepared to be challenged in your coordination, body awareness and strength.

Mat and Reformer Circuit Training: try bodyweight exercises on the stability chair, functional work on the tower that will work your arms, legs and core simultaneously, challenge your spinal strength and mobility on the barrel, and much more!

Power Reformer: everything you can do on a reformer that builds strength and flexibility.

Sculpt and Strength: reformer classes aimed at toning and shaping without building bulk.

Reform Butt and Thighs: pre-choreographed modern adaption of traditional Pilates designed specially to strengthen butt and thighs.

Jumpboard Toning: cardio workout on the reformer that builds your core while emphasising leg work.

Reformer: pure reformer workouts for those who love spring resistance.

Pre/Post-Natal class is available upon request. Please check with the instructor.



GYM

For more information, please call the Pilates Studio at 6739-4465 or the Sports Counter at 6739-4312