



REFORMER PILATES TIMETABLES

Commencing Monday 17 January



PILATES BY GEL - GESAC							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8am						Stretch, Flex & Core Mary	Strength Lauren
8.30am	Strength Daniela				Stretch, Flex & Core Ricki		
9am						Strength Frank	Stretch, Flex & Core Lauren
9.35am	HIIT Daniela	Strength Ricki	Stretch, Flex & Core Naomi	HIIT Daniela	Strength Daniela		
10.40am	Activate Daniela	Stretch Flex & Core Ricki	HIIT Naomi	Strength Daniela	Fundamentals Sofya		
5.05pm	HIIT Naomi						
6.05pm	Strength Naomi	Fundamentals Naomi	Strength Caroline	HIIT Naomi			
7.05pm	Stretch Flex & Core Naomi	Strength Ricki	HIIT Caroline	Strength Naomi			

PILATES BY GEL - CAULFIELD RECREATION CENTRE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8.30am						Fundamentals Athena	Strength Ellen
9.30am	Activate Ricki	Strength Daniela	Stretch, Flex & Core Daniela	Fundamentals Athena	Activate Naomi	Stretch, Flex & Core Athena	
10.30am	Stretch, Flex & Core Ellen	Fundamentals Daniela	Strength Daniela	Stretch, Flex & Core Athena	Stretch, Flex & Core Caroline		
6pm	Stretch, Flex & Core Lauren			Strength Caroline			
7pm	Strength Lauren	Strength Ellen		Stretch, Flex & Core Caroline			

Class descriptions

Fundamentals – 50 mins

Each class includes a five-minute induction to the Reformer Bed covering set up, and all the things you need to know before you get started. Fundamental sessions are perfect for the complete beginner or for anyone wanting to touch up their technique as they focus on basic exercises, the Pilates principles and getting a feel for Reformer training.

Activate – 45 mins

Designed specifically for older adults, Activate Reformer classes are designed to improve coordination, core strength, stability and overall fitness. Activate Reformer classes are perfect for anyone who has attended at least one or two Fundamentals classes.

Flex, Stretch and Core – 45 minutes

This intermediate Reformer class is a flowing session focusing on precision designed to lengthen and strengthen the body through stretching and building fundamental core strength. This class is suitable for all skill levels and beginners who have attended a Fundamentals session.

Strength – 45 mins

A fitness-based Reformer class suitable for intermediate and advanced participants. Classes use medium to heavy spring loads and hand weights focusing on improving strength with controlled moves at a slower pace (low impact). Classes may challenge the whole body or have a specific muscle focus and will include a variety of layers and progressing sequences. Participants should have attended at least three Fundamentals sessions prior and should check with their Fundamentals instructor prior to attending.

HIIT* – 45 mins

A high intensity style Reformer session designed to burn lots of calories and get you fit fast. Classes use light to medium springs and focus on endurance with faster paced movements. Sessions may be circuit based, pyramid style or supersets, include moderate impact moves like jumps as well as resistance training and will progress through a variety of layers and sequences. Participants should have attended at least three Fundamentals sessions prior and should check with their Fundamentals instructor prior to attending. *available at GESAC only