



REFORMER PILATES TIMETABLES



Commencing Monday 11 July

PILATES BY GEL - GESAC							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.10am	HIIT Caroline	Strength Nariman	Stretch, Flex & Core Grant		Strength Grant		
7am		HIIT Nariman	Fundamentals Grant				
8.30am	Strength Daniela	Activate Nariman	Strength Naomi	Fundamentals Daniela	Stretch, Flex & Core Ricki	Stretch, Flex & Core Caz	Strength Lauren
9.25am	HIIT Daniela	Strength Ricki	Stretch, Flex & Core Naomi	HIIT Daniela	Strength Daniela		
9.30am						Strength Mary	Stretch, Flex & Core Lauren
10.30am						Fundamentals Mary	Strength Lauren
10.40am	Activate Daniela	Stretch Flex & Core Ricki	HIIT Naomi	Strength Daniela	Activate Sofya		
5.05pm	HIIT Naomi	Fundamentals Nariman	Stretch, Flex & Core Caroline	Stretch, Flex & Core Sofya			
6.05pm	Strength Naomi	Strength Nariman	Strength Caroline	HIIT Naomi			
7.00pm	Stretch, Flex & Core Naomi	HIIT Nariman	HIIT Caroline	Strength Naomi			

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

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