

# REFORMER PILATES TIMETABLE

Edition 4

Launching Monday April 1



Improvements in core strength, posture and flexibility are just some of the many benefits offered by Reformer Pilates.

With state-of-the-art peak pilates reformer beds, a brand new dedicated studio and amazing instructors to coach you, we are excited to be introducing Pilates Reformer classes to GESAC as part of existing memberships.

REFORMER PILATES							
	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	REFORMER		REFORMER		REFORMER		
8.30AM	REFORMER	REFORMER		REFORMER	REFORMER	REFORMER	REFORMER
9.30AM	REFORMER	REFORMER FUNDAMENTALS	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
10.35AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
5PM						REFORMER	REFORMER
6PM	REFORMER	REFORMER	REFORMER	REFORMER FUNDAMENTALS			
7PM	REFORMER	REFORMER	REFORMER	REFORMER			

It is highly recommended that first time participants attend a minimum of three pilates mat classes and one reformer fundamentals class prior to participating to gain an understanding of pilates principles. For hygiene purposes all participants must wear socks throughout the class - we recommend wearing grip socks.

Reformer Fundamentals classes are run by qualified Physiotherapists from MyPhysio. These classes are ideal for anyone looking for more guidance and or who are new to reformer pilates.



GLEN EIRA  
CITY COUNCIL



## GESAC

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