



# REFORMER PILATES TIMETABLES

Commencing Monday 19 July



PILATES BY GEL - GESAC							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am	Strength Caroline		HIIT Sarah K	Stretch, Flex & Core Sarah K			
8.30am	Strength Daniela		HIIT Frank		Stretch, Flex & Core Ricki	HIIT Claire	Strength Lauren
9.30am	HIIT Daniela	Strength Sinead	Fundamentals Sarah K	HIIT Daniela	Strength Sofya	Strength Mary	HIIT Lauren
10.35am	Activate Daniela	Stretch Flex & Core - Sinead	Activate Sarah K	Strength Daniela	HIIT Sofya	Stretch, Flex & Core - Mary	Strength Lauren
12pm				HIIT Daniela			
5.05pm	HIIT Sofya						
6.05pm	Strength Naomi	Fundamentals Ricki	Strength Caroline	HIIT Caroline			
7.05pm	Stretch Flex & Core Naomi	Strength Ricki	HIIT Caroline	Strength Naomi			
8.05pm		Stretch Flex & Core - Ricki					

PILATES BY GEL - CAULFIELD RECREATION CENTRE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.30am		Strength Mary			Stretch, Flex & Core - Mary		
8.30am						Fundamentals Athena	Strength, Flex & Core Ellen
9.30am	Strength, Flex & Core Frank	Fundamentals Daniela	Strength, Flex & Core Daniela	Fundamentals Athena	Activate Naomi	Stretch, Flex & Core - Athena	
10.30am	Strength Ellen		Strength Daniela				
6.00pm	Strength, Flex & Core 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