



REFORMER PILATES TIMETABLE

Holiday Timetable 22 December - 28 Decemeber



Please arrive to class 5 minutes prior to class start time.

PILATES BY GEL - GESAC							
	MON 22 DEC	TUES 23 DEC	WED 24 DEC	THURS 25 DEC	FRI 26 DEC	SAT 27 DEC	SUN 28 DEC
6.00am	Foundation	Progression	Progression	CLOSED			
7.00am		Advanced	Progression				
8.00am	Progression	Foundation	Progression		Progression (8.30am)		
9.00am	Advanced	Progression	Foundation		Progression (9.30am)		Foundation (9.30am)
10.00am	Foundation	Progression	Advanced		Foundation (10.30am)	Foundation (10.30am)	Progression (10.30am)
11.00am	Progression	Progression	Progression			Progression (11.30am)	Progression (11.30am)
12.00pm	Progression	Progression	Progression			Progression (12.30am)	
1.00pm		Progression					
4.00pm							
5.00pm	Advanced	Progression					
6.00pm	Progression	Progression					
7.00pm	Progression	Advanced					
8.00pm	Progression	Progression					
9.00pm	Progression	Foundation					

CLASS DESCRIPTIONS

Foundation – 45 mins

This class is the perfect place to start your Reformer Pilates Journey. It's also great if you are wanting to revisit the principles of the Pilates Method at a slower pace, with more focus on the foundations.

It includes a brief induction to the Reformer Bed followed by exercises designed to improve coordination, core strength, balance, stability and awareness.

Suitable for all ages.

Restoratvie Reformer - 30/45 mins

Restorative reformer is a slow-paced, low-impact class focusing on gentle stretching, mindful movement, and deep breathing to reduce stress and improve mobility.

Progression – 45 mins

This Progressive Reformer Class is an intermediate class, the next step on your Pilates journey!

This class moves at a pace assuming you have a knowledge of Pilates and the equipment. It is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. It is our most popular class. Options will be offered to modify or challenge.

We recommend participants should have attended at least three Foundation sessions prior to attending this next level.

Advanced – 45 mins

A high intensity style Reformer session designed to take your Pilates to the highest level.

Classes focus on endurance with faster paced movements and may include moderate impact moves like jumps, HIIT, as well as resistance training.

We recommend participants come along without injuries, and have 3 months experience with Pilates and the equipment.

Advanced Reformer Jump – 45 mins

This high intensity Jumpboard class increases cardiovascular fitness and muscular endurance. Be prepared to sweat and feel the burn!

Not suitable for beginners, pregnancy or participants with injuries.

See Carnegie and Caulfield timetable on next page



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Please arrive to class 5 minutes prior to class start time.



PILATES BY GEL - CARNEGIE MEMORIAL SWIMMING POOL

	MON 22 DEC	TUES 23 DEC	WED 24 DEC	THURS 25 DEC	FRI 26 DEC	SAT 27 DEC	SUN 28 DEC
6.05am	Progression	Foundation	Progression	CLOSED			
7.00am	Foundation	Progression	Foundation				
8.30am	Progression		Foundation			Foundation	Progression
9.30am	Foundation	Progression	Advanced		Progression	Progression	Foundation
10.30am	Progression	Foundation	Progression		Foundation	Restore	Progression
11.30am	Activate Reformer	Activate Reformer					
3pm						Progression	Progression
4pm	Progression (4.30pm)					Foundation (4pm)	Foundation (4pm)
5.15pm		Progression					
5.30pm	Foundation						
6.15pm		Foundation					
6.30pm	Progression						
7.15pm		Advanced					
7.30pm	Foundation						
8.15pm							

PILATES BY GEL - CAULFIELD RECREATION CENTRE

	MON 22 DEC	TUES 23 DEC	WED 24 DEC	THURS 25 DEC	FRI 26 DEC	SAT 27 DEC	SUN 28 DEC
7.30am		Progression		CLOSED			
8.30am		Foundation	Foundation		Progression	Foundation	Progression
9.30am	Foundation	Progression	Foundation		Foundation	Progression	
10.30am	Progression	Foundation	Progression				Foundation
11.30am	Progression						
5pm	Foundation	Foundation					
6pm	Foundation						
7pm	Progression	Progression					

CLASS DESCRIPTIONS

Foundation – 45 mins

This class is the perfect place to start your Reformer Pilates Journey. It's also great if you are wanting to revisit the principles of the Pilates Method at a slower pace, with more focus on the foundations.

It includes a brief induction to the Reformer Bed followed by exercises designed to improve coordination, core strength, balance, stability and awareness.

Suitable for all ages.

Reformer Activate – 45 mins

This 45 minute Reformer Pilates class is designed to help improve mobility, strength, balance and stability in older adults. Simple moves with strong results

Progression – 45 mins

This Progressive Reformer Class is an intermediate class, the next step on your Pilates journey!

This class moves at a pace assuming you have a knowledge of Pilates and the equipment. It is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. It is our most popular class. Options will be offered to modify or challenge.

We recommend participants should have attended at least three Foundation sessions prior to attending this next level.

Advanced – 45 mins

A high intensity style Reformer session designed to take your Pilates to the highest level.

Classes focus on endurance with faster paced movements and may include moderate impact moves like jumps, HIIT, as well as resistance training.

We recommend participants come along without injuries, and have 3 months experience with Pilates and the equipment.

Gel Reformer Fusion – 45 mins

A 45 minute dynamic Fusion of Reformer Pilates, Mat Pilates and Interval training for a complete full body workout. Be prepared to sweat and feel the burn!

Modifications are offered for all fitness levels. We recommend participants should complete at least 3 Foundation sessions before attending this class.