



# REFORMER PILATES TIMETABLE

Commencing June 2025



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

## PILATES BY GEL - GESAC

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am	Foundation	Progression	Progression	Advanced	Progression		
7.00am	Progression	Advanced	Progression	Progression	Foundation		
8.00am	Progression	Foundation	Progression	Foundation	Progression	Progression (8.30am)	Progression (8.30am)
9.00am	Advanced	Progression	Progression	Advanced	Progression	Progression (9.30am)	Foundation (9.30am)
10.00am	Foundation	Progression	Advanced	Progression	Foundation	Foundation (10.30am)	Progression (10.30am)
11.00am	Progression	Progression	Progression	Progression	Progression	Progression (11.30am)	Progression (11.30am)
12.00pm	Progression	Progression	Progression	Progression	Progression		
1.00pm		Progression		Reformer Express	Progression		
4.00pm					Foundation	Progression	Progression
5.00pm	Advanced	Progression	Progression	Progression	Progression	Progression	Progression
6.00pm	Progression	Progression	Foundation	Advanced			
7.00pm	Progression	Advanced	Advanced	Progression			
8.00pm	Progression	Progression	Progression	Foundation			
9.00pm	Progression	Foundation	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 Express – 30 mins

A 30 minute full body Reformer class designed to give maximum results in minimal time. Participants should have attended at least three Foundation sessions prior to attending this class. As this class is quite fast paced and may incorporate jump boards, it is not advised for Pregnant members or those with injuries.

### 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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Commencing June 2025

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



## PILATES BY GEL - CARNEGIE MEMORIAL SWIMMING POOL

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am	Progression	Foundation	Progression	Progression	Foundation		
7.00am	Foundation	Progression	Foundation	Progression	Advanced	Progression (7.30am)	
8.30am	Progression		Foundation			Foundation	Progression
9.30am	Foundation	Progression	Advanced	Foundation	Progression	Progression	Foundation
10.30am	Progression	Foundation	Foundation	Progression	Foundation	Foundation	Progression
11.30am	Activate Reformer						
1pm					Progression	Progression (3pm)	Progression (3pm)
5.15pm		Progression		Foundation		Foundation (4pm)	Foundation (4pm)
5.30pm	Foundation		Progression				
6.15pm		Foundation		Progression			
6.30pm	Progression		Foundation				
7.15pm		Advanced		Foundation			
7.30pm	Foundation		GEL Fusion				
8.15pm		Reformer Express		Reformer Express			

## PILATES BY GEL - CAULFIELD RECREATION CENTRE

	MON	TUES	WED	THURS	FRI	SAT	SUN
7.30am		Progression				Progression	
8.30am		Foundation	Foundation	Foundation	Progression	Foundation	Progression
9.30am	Foundation	Progression	Foundation	Foundation	Foundation	Progression	
10.30am	Progression	Foundation	Progression	Progression	Progression		
11.30am	Progression						
5pm	Foundation	Foundation		Progression			
6pm	Foundation		Progression	Progression			
7pm	Progression	Progression	Foundation	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.

### 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.