



# REFORMER PILATES TIMETABLE

Commencing January 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			Progression	Progression (4.00pm)	Progression (4.00pm)
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.

### Progression – 45

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.

See Carnegie and Caulfield timetable on next page



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Commencing January 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	
8.30am						Foundation	Progression
9.30am	Foundation	Progression	Advanced	Foundation	Progression	Progression	Foundation
10.30am	Progression	Foundation	Foundation	Progression	Foundation	Foundation	Progression
11.30am	Activate						
1pm					Progression		
5.30pm	Foundation	Progression	Progression	Foundation			
6.30pm	Progression	Foundation	Foundation	Progression			
7.30pm	Foundation	Advanced	GEL Fusion	Foundation			

## PILATES BY GEL - CAULFIELD RECREATION CENTRE

	MON	TUES	WED	THURS	FRI	SAT	SUN
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						
6pm	Foundation	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.