

DISCOVERY



REFORM CLASSIC



Reformer Class Styles

REFORM ATHLETIC



REFORM STRONG





DISCOVERY

30 minute intro session (capped at 6)

Ideal for those brand new to reformer pilates, this complimentary intro reformer class is designed for beginners who want a safe and effective class experience to build a solid Pilates foundation. Your instructor will help you with overall body awareness, form and alignment, as well as providing you with the confidence to find your way around the reformer apparatus.

The focus of this session is for you to learn how Reformer Pilates can help you find strength, flexibility and focus through controlled movements and breath, and to ultimately get you ready to advance into the full studio classes.

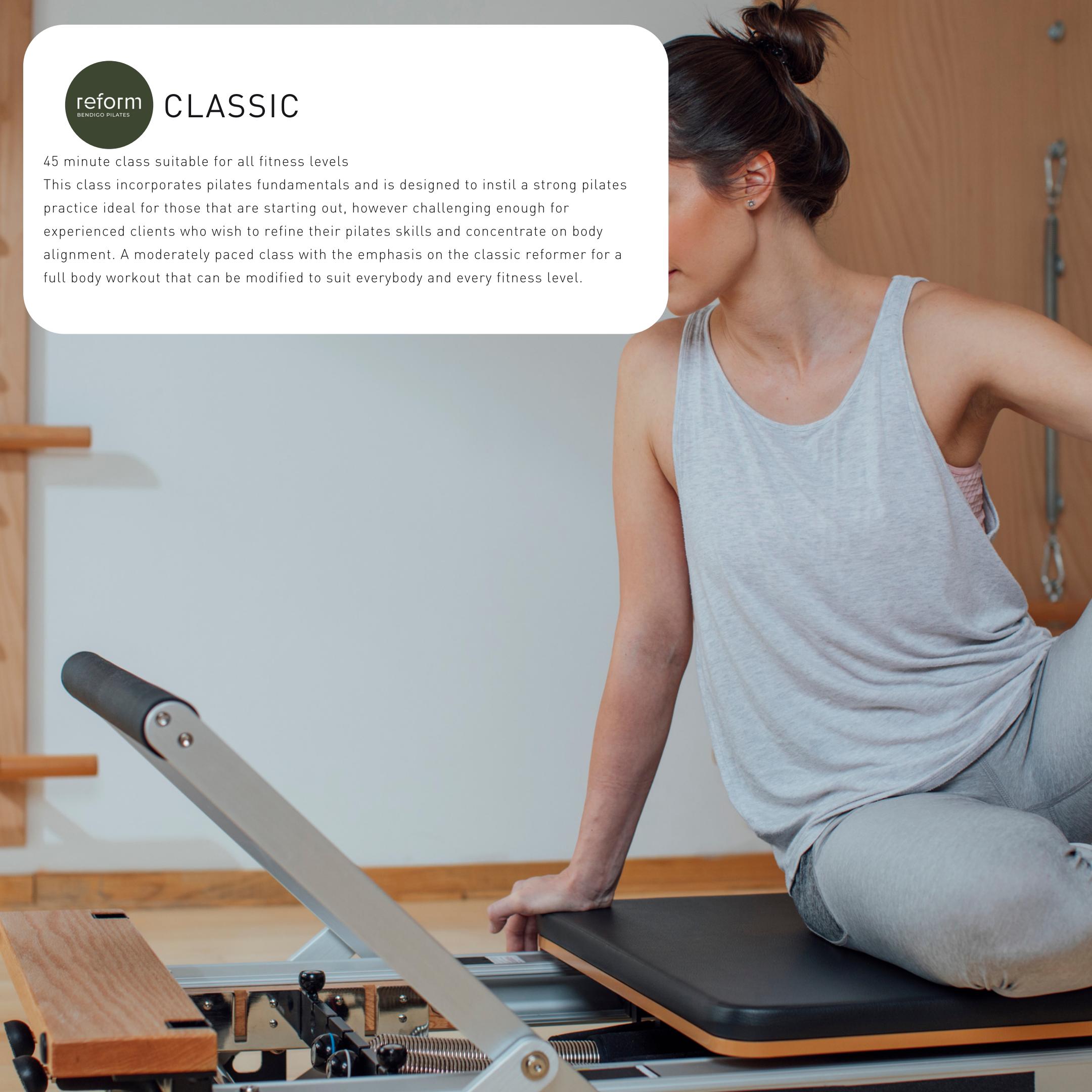


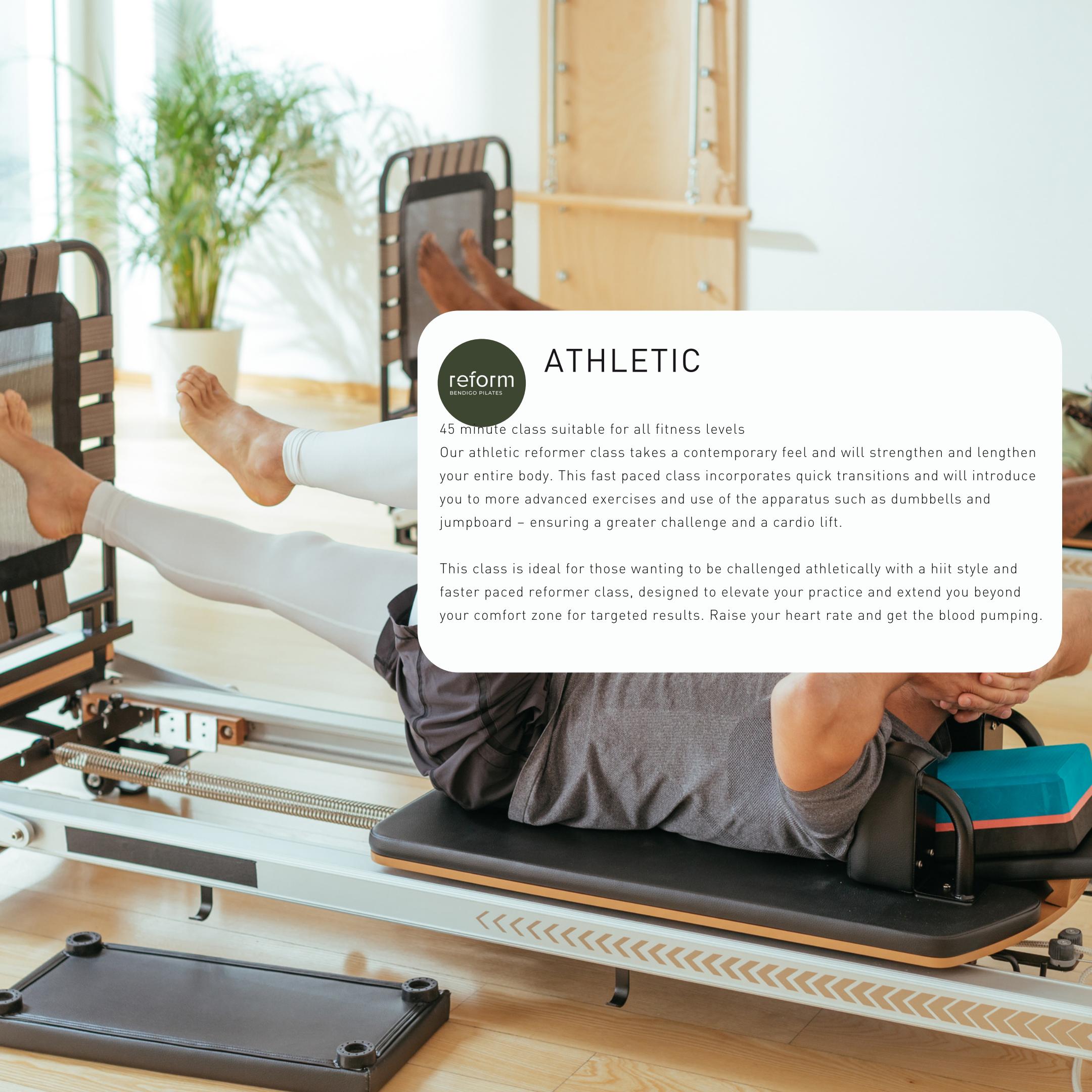


CLASSIC

45 minute class suitable for all fitness levels

This class incorporates pilates fundamentals and is designed to instil a strong pilates practice ideal for those that are starting out, however challenging enough for experienced clients who wish to refine their pilates skills and concentrate on body alignment. A moderately paced class with the emphasis on the classic reformer for a full body workout that can be modified to suit everybody and every fitness level.





ATHLETIC

45 minute class suitable for all fitness levels

Our athletic reformer class takes a contemporary feel and will strengthen and lengthen your entire body. This fast paced class incorporates quick transitions and will introduce you to more advanced exercises and use of the apparatus such as dumbbells and jumpboard – ensuring a greater challenge and a cardio lift.

This class is ideal for those wanting to be challenged athletically with a hiit style and faster paced reformer class, designed to elevate your practice and extend you beyond your comfort zone for targeted results. Raise your heart rate and get the blood pumping.



reform
BENDIGO PILATES

STRONG

This class is designed for those wanting to be challenged and increase strength, using props as well as the incredibly effective TRX® suspension training system for greater variety and extending your muscular endurance.

In this moderately paced class, we focus on breaking your sweat through stronger load with less repetition. We will layer the exercises to continue that great pilates burn and build your muscular endurance.

Guaranteed to increase strength, balance, stability, and control in ways that will enhance your everyday life