

Corner Great Western Highway & Russell Street, Emu Plains NSW 2750.
 Tele: 02 4727 7710 Email: pilatesworkspenrith@gmail.com

GROUP CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIVE PILATES PROGRAMS (1hr pw X 10 weeks) Ability Level: Traditional (beg-adv). Supreme (Intermed-adv). Clinical (rehab & specialty).						
Pilates Matwork – Traditional #	6:30pm			9:30am		9:00am
Pilates Matwork - Supreme	5:30 & 6:30pm					
Reformer Pilates - Traditional	7:30pm Sold Out	5:30pm	9:30am	9:30am Sold Out		8:00am
Reformer Pilates – Supreme	5:30pm		6:30pm & 7:30pm		6:00pm	
Pilates Mat/Reformer – Traditional #		7:30pm	5:30pm			
Back In Action - Clinical		6:30pm			9:30am	9:00am
Seniors - Clinical	10:30am	10:30am Sold Out	10:30am Sold Out		10:30am	
ADD-ON EXERCISE PROGRAMS Classes included in Membership* OR Use your Pass OR Pay \$35 casual visit						
Flex (Stretching/Flexibility) – Traditional #			8:00pm	10:30am & 7:30pm		
Fusion (Pilates Barre) – Traditional #			5:30pm			
Yoga – Traditional #		7:30pm				8:00am
Reformer Asana (Yoga/Pilates Hybrid) - Supreme	9:30am					
Pilates Stretch & Strengthen – Traditional #		9:30am				
Fitness & Weight Loss – Traditional		6:30pm		6:30pm		
Terminator Fitness - Supreme			6:30pm			
Spin Cycle – Traditional #		6:30pm		6:30pm		
Boxing – Traditional/Supreme			7:15pm			
Pregnancy and initial weeks Post-Partum Appropriate Classes are indicated with a # symbol. Please refer to information overleaf.						

Add On Class Passes DOUBLE TREAT SPECIAL

Get the best value Pilates, Yoga, Fitness and Strength Training group exercise package in the west!

Choose Either:

1. Add-On Pass at \$200: Attend up to 10 classes. Valid for 6 months
2. Unlimited Class Pass at \$300. Attend unlimited add-on classes per week. Valid for 3 months.

SAVE \$\$ AND GAIN MAXIMUM BENEFITS WITH A PILATESWORKS MEMBERSHIP!

6 or 12 month membership packages available.

Get discounted class rates, unlimited holiday classes & much more! Enquire today.

Exercise Physiology

Individual evidence-based exercise treatment for:

- Chronic diseases & Illness (heart)
- Musculoskeletal Injury (rehab)
- Metabolic Diseases (Diabetes)
- Neuromuscular Diseases & Spinal Cord Injuries

Medicare/Workers Compensation/DVA Health Fund Rebates

Summer Bodies Are Made in Winter

Start with a Personal Trainer/Exercise Scientist today and shed your winter coat by summer.

Tone up, Trim down and Feel Great with your personal exercise prescription.

Great Discounts on 5 or 10 sessions PT packs

P i l a t e s W o r k s G r o u p E x e r c i s e C l a s s O v e r v i e w

Pilates Matwork – Traditional: A traditional Pilates class that will increase your vitality, improve your posture, enhance your core muscle strength and pelvic stability and extend your flexibility. Highly qualified clinical Pilates instructors and exercise physiologists focus on ensuring you perform the many Pilates exercises with perfect technique and progress your exercise repertoire over a 10 week exercise prescription. Small groups of up to 10 people ensure you received individualised supervision within the class environment. Suitable for beginners to advanced exercisers.

Pilates Matwork – Supreme: Having mastered the Traditional Pilates exercise repertoire and needing the increased challenge of intermediate to advanced exercise prescription. This 10-week program incorporates equipment to challenge such as foam roller, fit-balls, mini-balls, bands, hand & ankle weights, rotational discs, Pilates circle, medicine balls, Bosu, Wunda chair and arc barrel. A routine designed to burn calories, provide amazing core strength and produce a long, lean, toned and muscularly balanced physique through movement that is fluid and controlled.

Reformer - Traditional: Reformer classes challenge your body and mind as you focus on the fluidity, grace and strength of your movements. Experience the magic of the Pilates machinery and watch your body transform. Your muscles will lengthen and tone creating a long, lean, strong and graceful body. Suitable for both beginners and the experienced student, you are exposed to the wonders of traditional reformer Pilates in a progressively challenging 10-week exercise program.

Reformer – Supreme: With focused concentration and conscious flowing breath, reformer exercise movements are executed with balance and precision to master a complex variety of whole body integrated strength and flexibility exercises. Unique in its use of springs to offer a type of resistance, termed progressive resistance, this challenging exercise program will address your muscular, skeletal and central nervous systems to improve your body composition, function, health, mental outlook, posture, strength and power. Suitable for intermediate to advanced exercises.

Pilates Reformer / Matwork Combination – Traditional: The best of both worlds. A class that offers a combination of mat-based Pilates exercises, small Pilates apparatus (roller, circle, mini-ball) and all the stretching/strengthening of the reformer machine. An action-packed core strengthening hour. Suitable for all ability levels.

Back-In-Action – Clinical: A specialty rehabilitation and corrective exercise therapy programme for people suffering from back, neck and joint pain. Each class is tailored to the individual needs of those enrolled using a combination of Pilates Reformer and Matwork exercises and stretches, together with traditional exercise rehabilitation training. We incorporate any particular exercise required by your medical or allied health practitioner and welcome their input into your exercise programming. Recommended by doctors, physiotherapists, chiropractors, osteopaths and remedial massage therapists for teaching core and pelvic floor strength, specific stretching, injury prevention and rehabilitation.

Seniors – Clinical: As we age our bodies require different exercises to match our changing physiology. Our senior's programs are specially designed to cater for your needs in balance, co-ordination, bone strength, pelvic floor and core strength whilst enhancing tone in arms, legs and stomach. This is a safe and gentle exercise routine that you will soon be bringing all your friends too. Perfect for those with arthritis, osteopenia, osteoporosis, diabetics, hypertension, lipoeidema, anxiety or depression.

Flex - Traditional: A specific stretching and flexibility program, designed to improve range of motion, mobility and energy. Relieve stiffness, joint and muscle pain, and get used to waking up in the morning feeling refreshed and reenergized! Suitable for all ability levels, including clinical.

Fusion –Traditional: Complete workout fusing ballet barre, strength conditioning and Pilates. Designed to tone your entire body and improve your posture by creating longer and leaner muscles. Think long and lean like a ballet dancer.

Yoga – Traditional: A union of body, breath and mind that will increase strength, balance, flexibility, mobility and relax your sympathetic nervous system to bring space and peace to your life. Our highly experienced and specialty qualified Yoga teachers can adapt all postures for all bodies and abilities.

Reformer Asana – Supreme: Surprisingly challenging, yet peaceful class combining the best of both yoga and Pilates performed on the reformer machine. Suitable for intermediate to advanced exercisers.

Stretch & Strengthen – Traditional: A blend of Pilates reformer flexibility and abdominal strength training together with specific toning exercises to trim up legs, butts, thighs, shoulders, arms. An exciting combination of resistance training exercises using Pilates and traditional equipment. Suitable for all ability levels.

Fitness & Weightloss – Traditional: Designed from the latest in sports science research, this 1-hour cardio and weights workout you get you fit and into shape in no time. Modified to each participants fitness ability, every student will be challenged at an intensity that is safe and effective for you individually. Whilst we workout together this is not a 'one size fits all'. Suitable for beginner to advanced exercisers.

Terminator Fitness – Supreme: Like it sounds this is not a class for the faint hearted. Combining the best and latest in exercise and sports science research this hard-core, high intensity, tuff mudder of a program will strip you down and build you back up to new heights of cardiovascular fitness and muscular tone, strength & power. Suitable for intermediate to advanced exercisers.

Spin Cycle- Need new hips, bum and thighs in a hurry? Want to increase your fitness? Just want to amp up your exercise routine? Spin Cycle has been revived with an all new program, designed to destroy calories and keep you fit, healthy and motivated! The program is tailored to individual needs and fitness levels, with a bike set up for your body shape and size, and a heart rate monitor, to make sure you're burning calories in the most efficient way possible!

Boxing – Traditional/Supreme: Improve your fitness, strength and lose body fat fast with this intense class, incorporating circuits, drills, core strength and boxing combinations. Taught by Exercise Scientists with speciality in MMA.

Pregnancy/Post Partum- Guidelines recommend regular exercise during pregnancy and in the post-partum period. PilatesWorks programs are safe for pregnant women up until 16 weeks gestation. After 16 weeks please refer to classes marked with a # symbol as those safe for you and your baby. Alternatively you can switch over to supervised exercise with our specialist exercise physiologists and pregnancy yoga/pilates trained instructors. Recommended by obstetricians, doctors and midwives.