

January 2012

week

courses



armaturepilates

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E info@armaturepilates.com



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Introduction to Pilates

Lays the foundations for Pilates principles and core stability. Suitable for healthy beginners or those with some Pilates experience.

Spinal Strength & Stability

Designed for back injuries and post-natal issues. Focuses on lower back/pelvic stability, functional movement and spinal mobility.

Pre/Post-Natal

Caters to healthy pregnancies in all trimesters and post-natal women. Focuses on pelvis and hip stability and control, upper body strength and pelvic floor conditioning.

Springboard

Equipment based group class limited to 8 people using spring-loaded resistance – a great all over workout! Pilates experience required.

Flex & Flow

Combines stretching and mat work into a flowing workout.

Fusion

Integrates different Pilates small props including the fitness circle, balls and foam rollers to create a varied workout.

Torso Toner

Emphasis on upper back and upper limb strength.

Pure Mat

The challenge of Pilates matwork – no help from props!



Courses begin the week of Monday 16th January 2012. Missed classes can be made up in other sessions within the 8-week block, space permitting.

Classes will run on Thursday 26th January (Australia Day).

Bookings and a deposit are required to secure a place in all courses and can be made on 9381 4044, in person at armaturepilates, or by emailing info@armaturepilates.com



8 session Mat course: \$157

8 session Springboard: \$190

Do 2 courses/week and receive the 2nd one at half price!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:00 – 8:00am Springboard <i>Aimee</i>	
					8:00 – 9:10am Springboard <i>Stephanie</i>
		9:15 – 10:25am Spinal Strength & Stability <i>Stella</i>	9:15 – 10:25am Spinal Strength & Stability <i>Aimee</i>	9:15 – 10:25am Spinal Strength & Stability <i>Sarah</i>	9:15 – 10:25am Level 1 Flex & Flow <i>Fiona</i>
			10:30 – 11:40am Spinal Strength & Stability <i>Aimee</i>	10:30 – 11:40am Spinal Strength & Stability <i>Sarah</i>	10:30 – 11:40am Pre/Post-Natal <i>Sarah</i>
					11:45 – 12:55pm Spinal Strength & Stability <i>Sarah</i>
5:15 – 6:15pm Level 2 Torso Toner <i>Stephanie</i>		5:15 – 6:15pm Level 1/2 Fusion <i>Aimee</i>			
6:15 – 7:25pm Level 1/2 Pure Mat <i>Sarah</i>	6:15 – 7:25pm Level 2/3 Fusion <i>Aimee</i>	6:15 – 7:25pm Intro Pilates <i>Aimee</i>	6:15 – 7:25pm Intro Pilates <i>Shannon</i>		
7:30 – 8:40pm Intro Pilates <i>Sarah</i>	7:30 – 8:40pm Level 1/2 Torso Toner <i>Aimee</i>	7:30 – 8:40pm Springboard <i>Aimee</i>	7:30 – 8:40pm Level 1 Fusion <i>Shannon</i>		