

Pilates



Imagine an exercise program that you look forward to, that engages you and leaves you refreshed and alert with a feeling of physical and mental well-being. Pilates does all this, and more. It also improves your flexibility and strength, increases your vitality, improves your posture, and tones your muscles – without building bulk.

Move with Freedom and Grace

Pilates can be a primary mode of body conditioning and injury prevention or a supplement to other exercise programs. It is suitable for people of all fitness levels - from sedentary office worker to elite athlete – and all ages. The Pilates method of body conditioning promotes physical balance while providing a refreshing and energizing workout. Each session is tailored to your specific needs, is performed on a full range of special equipment and is closely supervised.

With over 500 specific exercises to develop the body, Pilates is always challenging. And instead of performing many repetitions of each exercise, fewer and more precise movements, requiring correct form and control are prescribed.

Unlike many gym-based Pilates classes; we tailor your program to your individual needs. And whilst we utilise floor exercises (so you can practice at home) the great majority of your time will be spent on Pilates equipment to add variation and challenge.

Program Details

We start with a one-hour private session to assess your current status, determine your needs and start your program. For the next part, at least four private sessions are recommended so that we can ensure you develop sufficient knowledge and skill. Thereafter, you will be invited to work on your individual program in our group sessions, where supervision is less. As you progress, intermittent return to a private or semi-private sessions provides an opportunity for high level fine-tuning and to add new challenges to your program.

In some cases, where an injury is present we may recommend initial supervision under a physiotherapist in our Clinical Pilates program.

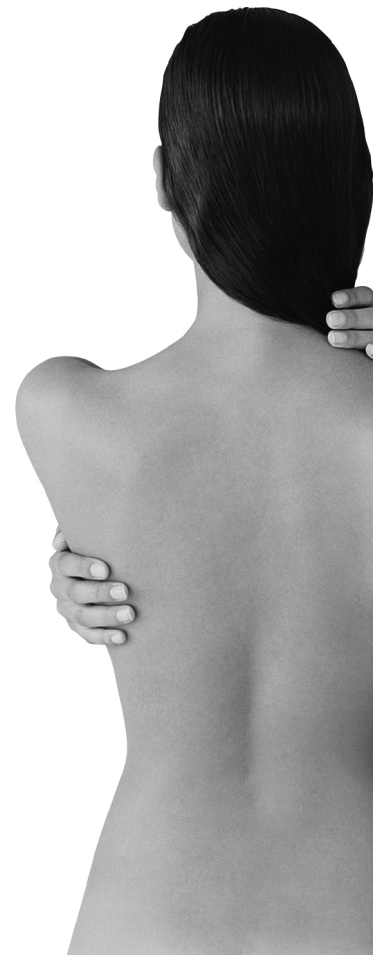
Bookings are required due to small group sizes, as is 24 hours notice of a cancellation. For hygiene please bring fresh socks and a towel.

Sieben Pilates

Take a journey of physical self discovery – through a structured program of seven levels of Pilates exercise performance. Each level contains unique exercises, gradually increasing in difficulty and complexity.

Contact

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Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am		Group	Priv/Semi	Group		Group	
8am		Group	Priv/Semi	Group		Priv/Semi	
9am		Group	Priv/Semi	Group		Priv/Semi	
10am	Priv/Semi	Group	Priv/Semi	Group		Priv/Semi	
11am	Priv/Semi	Group	Priv/Semi	Group	Priv/Semi	Group	
12noon	Priv/Semi		Priv/Semi		Priv/Semi	Group	
1pm	Priv/Semi	Priv/Semi	Priv/Semi	Priv/Semi			
2pm	Group	Priv/Semi	Group	Priv/Semi	Group		
3pm	Group	Priv/Semi	Group	Priv/Semi	Group		
4pm	Group	Priv/Semi	Group	Priv/Semi	Group		
5pm	Group	Priv/Semi	Group	Priv/Semi	Group		
6pm	Group	Priv/Semi	Group	Priv/Semi			

Prices

Per Session

Session	Instruction Level (Maximum Ratio)	Purpose	Price
Private	One Instructor to One Client (1 hour)	Assessment and Reassessment	\$88.00
Semi	One Instructor to One Client (1/2 hour)	Progression of Program	\$49.50
Group	One Instructor to Eight Clients (1hour)	Supervised Performance	\$27.50

Bulk Discount Packs (Conditions Apply)

Packs	Quantity	Expiry Period	Normal Price	Pack Price
Pilates Starter Pack	5 Private sessions	1 month	\$440.00	\$352.00
Pilates Commence Pack	5 Private & 5 Group sessions	2 months	\$577.50	\$462.00
Pilates Commitment Pack	5 Private & 20 Group sessions	4 months	\$990.00	\$792.00
Pilates-Exercise10 Pack	10 Group Pilates sessions	2 months	\$275.00	\$247.50
Pilates-Exercise 25 Pack	25 Group Pilates sessions	4 months	\$687.50	\$567.19
Pilates Exercise 40 Pack	40 Group Pilates sessions	6 months	\$1,100.00	\$825.00

Payment Options

A monthly partial payment plan for credit cards is available for some bulk discount packs.