
















<u>class name</u>	<u>description</u>	<u>image</u>	<u>Duration</u>
Reformer Foundation	Reformer Pilates is a total body workout, designed to strengthen and tone the entire body at the same time as improving core strength and posture. This foundation class introduces the fundamentals of Pilates theory and the correct form and technique to gain the most benefit from all Reformer classes.		30min express 45min class
Reformer Beginner	Building upon 'Reformer Foundation', this beginner class focuses on mastering correct movement patterns and technique. Experience the truly amazing benefits of Reformer Pilates in this full body workout, designed to develop core strength, muscle tone, definition and flexibility.		30min express 45min class
Reformer Pilates	Reformer Pilates is a paid program with a variety of exercises to promote length, strength, flexibility and balance. Our reformer Pilates trainers will guide you through a range of movements designed to make you stretch, sweat and strengthen your body and mind.		30min express 45min class
Reformer Intermediate	Reformer intermediate requires prior experience of the Reformer Beginner class and a sound understanding of the Reformer Pilates method. Moving with increased pace and intensity the Intermediate Classes will give you a full body workout, raising your heart rate and further developing core strength, muscle tone, definition and flexibility.		30min express 45min class
Reformer Pro	This Reformer Pilates class will enhance fitness and form, using techniques to strengthen, condition and tone the body from top to toe. The focus is on precision and control for efficient and effective results. Pro classes require familiarity with the equipment, springs, principles and modifications.		30min express 45min class

Reformer classic	The style of this class includes minimal prop use and is designed to be a simpler flow focusing more on classic reformer exercises. Targeted to clients who wish to have a simpler approach to class and focus more solely on reformer.		30min express 45min class
Reformer Plus	A special class where our experienced instructors help you to further advance your Reformer Pilates practice through the use of additional props and equipment. All abilities welcome.		30min express 45min class
Reformer Flow	This class FLOWS through creative sequences, combining traditional and contemporary exercises, utilising breath and mind-body connection. Feedback from the springs will encourage deeper muscle engagement and bring awareness to the mechanics of your body. You will finish feeling strong, stretched and connected! This class is perfect for beginners.		30min express 45min class
Virtual Reformer	Reformer Pilates stretches, strengthens and mobilises your body in a range of dynamic movements on a reformer bed. Focussing on resistance for a low-impact, full-body workout. We have state-of-the-art reformer beds and props to support your practice. Open to intermediate and advanced members. This class is available virtually in studio.		30min express 45min class
Reformer INTRO Lesson	Reformer Intro Lessons are express classes designed to be informative and educational. The classes vary in topics- from spring tension, foot position, technique and safety.		15 min, 30 min
Reformer Express (30 min)	This reformer pilates class will enhance fitness and form, using techniques to strengthen, condition and tone the body. The focus is on precision and control for efficient and effective results by isolation and repetition. For those that need to get in and get out, without losing a workout!		30 min

Fusion Pilates Class	Fusion classes bring together a mix of wellness disciplines in one class! Class structure will vary. Intense resistance movements, endurance exercises and precision for a low-impact, full body workout with a range of equipment and disciplines, including but not limited to Pilates, reformer, barre, yoga, mobility and dance.		30min express 45min class
Barre	For women who enjoy high intensity, low-impact exercise, barre is a complete workout which includes a fusion of Pilates, ballet and fitness. This class includes exercises designed to tone your body and create longer and leaner limbs – just like the ballerinas. And just like the ballerinas, we use a barre as a key prop in these workouts. Intensity can be modified depending on individual.		30 min express 45 min class 60 min class
Mat Pilates	Mat Pilates is a total body conditioning class, using the principles of pilates: focusing on control and precision of movement for the most effective results. This class will strengthen, tone and condition the entire body, working from the core outwards. Occasional use of extra equipment used eg- pilates ring, pilates ball etc .		30 min express 45 min class 60 min class

Reformer/ Cardio	Reformer Cardio is a Reformer Pilates class that includes all the elements and benefits of Reformer Pro with an added component of cardio. Perfect for anyone wanting to work their cardiovascular system at the same time as toning and conditioning the entire body.		30min express 45min class
Reformer/ Jump	Add more range and versatility to your reformer class with jump boards. Padded jumpboards replace the footbar of your reformer bed, offering a safe and low impact way to increase heart rate and create a whole new experience of Reformer Pilates.		30min express 45min class
Reformer / Strength	Reformer Strength is a resistance based class with the addition of dumbbells or weights. This class focus's on a more dynamic sequence of exercises that build strength, balance and endurance.		30min express 45min class
Reformer / Sculpt	A more challenging Reformer workout that will give you a deep burn while shaping and toning targeted areas of the body including the abs, butt and thighs.		30min express 45min class
Reformer/ Core	Reformer Core focuses on the Powerhouse of the body- our torso! Pilates works on core control, stability, balance and integration of the abs and pelvic floor. Workout your whole body whilst maintaining core control throughout!		30min express 45min class
Reformer/ Flexibility	Remormer Flexibility brings out the dancer in you! Lengthen, strengthen and stretch through mobility and flexibility exercises, increasing your range of motion and become more accustomed to flow and rhythm.		30min express 45min class
Reformer/ Restorative	Reformer Restorative supports injury rehabilitation and is an ideal class for beginners, pregnant or postpartum women or anyone returning after long periods of inactivity. Improve posture and strengthen the whole body in this specialised slower pace Reformer class.		30min express 45min class