

## *Pilates*

**Foundation Floor** - Beginners floor class.

**Mindful Movement** - A 45 minute class designed to gently and safely explore spinal movement (physio must recommend you for this class).

**Controlled Floor** - Advanced floor class (physio must recommend you for this class).

**Equipment** - Intermediate to advanced Pilates equipment class. Tailored to individual needs.

**Pilates for Men** - Program for men incorporating floor and equipment classes.

**Rebalance, Recondition, Revitalise (3 R's)** - A floor based exercise class focussing on regaining mobility and balance.

## *Exercise*

**\*LifeStyle Fitness** - A program consisting of two 1 hour classes per week. Participants work on strength and cardiovascular endurance.

**\*Cardio** - A ½ hour class that targets cardiovascular fitness.

## *Specialty*

**Focused Relaxation (Wednesday 4:45 pm)** - A 45 min class designed to teach the skills of focused relaxation. Run as a 4 week programme. \*Not running at present.

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## *The Bottom Line*

**Cost** Prepay = \$275 for ten classes when prepaid (\$27.50 p/class)

3 months to use 10 classes, applicable to equipment and floor Pilates

**OR** Pay as you go = \$32

Except for the following programs and classes

**\*LifeStyle Fitness** = \$355 (10 Classes + pre & post fitness test)

**\*Cardio** = \$20 separately **OR** \$11 when paired with a Pilates Class

**Eastern Sports & Spinal Care**

141 Kensington Rd NORWOOD SA 5067

**Ph:** 8331 0606 **Fax:** 8331 0832 **Web:** [www.sportsspinal.com.au](http://www.sportsspinal.com.au)



## Exercise Program Timetable

Private Health Rebates Apply

Maximum of 6 people per class - bookings essential

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# Eastern Sports & Spinal Care

## Class Timetable

Location: Gymnasium



Time	Monday	Tuesday	Wednesday	Thursday	Friday		
8.00							
8.15				Mens Pilates 8:00 - 8:45			
8.30							
8.45			Equipment 8:30 - 9:15		Equipment 8:30 - 9:15		
9.00	LifeStyle Fitness 9:00 - 10:00	Equipment 9:00 - 9:45		LifeStyle Fitness 9:00 - 10:00			
9.15							
9.30							
9.45							
10.00		Equipment 10:00 - 10:45					
10.15							
10.30				Equipment 10:15 - 11:00			
10.45							
11.00							
11.15			Equipment 11:00 - 11:45				
11.30							
11.45							
12.00							
2.00	Equipment 2:00 - 2:45						
2.15				Equipment 2:00 - 2:45			
2.30							
2.45							
3.00							
4.15				Equipment 4:15 - 5:00			
4.45			LifeStyle Fitness 4:45 - 5:45				
5.00							
5.30							
5.45	Equipment 5:45 - 6:30	Cardio 5:45 - 6:15	Equipment 5:45 - 6:30				
6.00							
6.15							
6.30							
6.45							
7.00							

# Eastern Sports & Spinal Care

## Class Timetable

Location: Floor



Time	Monday	Tuesday	Wednesday	Thursday	Friday			
8.00								
8.15				Mens Pilates 8:00 - 8:45				
8.30								
8.45								
9.00								
9.15		Controlled 9:15 - 10:00		Controlled 9:00 - 9:45				
9.30								
9.45								
10.15			Foundation 10:15 - 11:00		Mindful Movement 10:15 - 11:00			
10.45		Mindful Movement 10:45 - 11:30						
11.00								
11.15								
12.15	Foundation 12:15 - 1:00			Mindful Movement 12:15 - 1:00				
12.30								
1.00								
1.45			Controlled 1:45 - 2:30					
2.00								
2.15								
2.30					Rebalance Recondition Revitalise (3R's) 2.30 - 3.15			
2.45								
3.00								
3.15								
4.15								
4.30								
4.45								
5.00	Mindful Movement 5:00 - 5:45	Controlled 5:00 - 5:45	Focused Relaxation 4:45 - 5:30*	Foundation 5:00 - 5:45				
5.15								
5.45								
6.00	Foundation 5.45 - 6.30		Controlled 5:45 - 6:30					
6.15								
6.30								
6.45								
7.00								