

Exercise Classes

Foundation Floor – 45 minutes of floor class where you learn specific spinal stabilisation whilst maintaining a neutral spine.

Mindful Movement – 45 minute class builds on the skills developed in foundation floor with the gentle and safe addition of spinal movement.

Controlled Floor – 45 minute class is an advanced floor class to challenge your spinal control, improve strength, endurance, flexibility and balance.

Equipment - Intermediate to advanced Pilates equipment class with each person working on their individualised program.

Flexibility & Spinal Control for Men – Floor program for men working on core control, strength and flexibility with occasional equipment work.

Balance for Life - 45 minutes focused on improving your dynamic balance incorporating some Tai Chi components and reduce risk of falls.

Exercise

***LifeStyle Fitness** – 1 hour class where participants work on strength, coordination, balance and cardiovascular fitness using a variety of exercise equipment including free weights, gymsticks, Swiss balls, exercise bike and treadmill.

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

The Bottom Line

Cost **Prepay = \$285** for ten classes when prepaid (\$28.50 p/class)

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

OR **Pay as you go = \$33**

Except for the following programs and classes

***LifeStyle Fitness** = **\$365** (10 Classes + pre & post fitness test)

***Cardio** = **\$21** separately **OR \$11** when paired with a Pilates Class



Exercise Program Timetable

Private Health Rebates Apply

Maximum of 6 people per class - bookings essential

Ph: 8331 0606

Web: www.sportsspinal.com.au

Eastern Sports & Spinal Care

141 Kensington Rd NORWOOD SA 5067

Ph: 8331 0606 **Fax:** 8331 0832 **Web:** www.sportsspinal.com.au

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00				Flexibility & Spinal Control 8:00 - 8:45	
8.15					
8.30			Equipment 8:30 - 9:15		Equipment 8:30 - 9:15
8.45					
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					Equipment 9:30 - 10:15
10.00		Equipment 10:00 -10:45			
10.15					
10.30				Equipment 10:15 - 11:00	
10.45					
11.00			Equipment 11:00 - 11:45		
11.15					
11.30					
11.45					
12.00					
2.00	Equipment 2:00 - 2:45	Equipment 2:00 - 2:45		Equipment 2:00 - 2:45	
2.15					
2.30					
2.45					
3.00					
4.15				Equipment 4:15 - 5:00	
4.30			LifeStyle Fitness 4:30 - 5:30		
5.00					
5.45					
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					

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00				Flexibility & Spinal Control 8:00 - 8:45	
8.15					
8.30					
8.45					
9.00					
9.15		Controlled Floor 9.15 – 9.45			
9.30					
9.45					
10.15			Foundation Floor 10.15 – 11.00	Mindful Movement 10:15 - 11:00	Mindful Movement 10:15 - 11:00
10.45		Mindful Movement 10.45 – 11.00			
11.00					
11.30					
11.45		Balance 11.45 -12.30			
12.15	Foundation Floor 12.15 – 1.00				
12.30					
1.00					
2.00					
2.15					
2.30					Rebalance Recondition Revitalise (3R's) 2.30 – 3.15
2.45					
3.00					
3.15					
4.30					
4.45					
5.00	Mindful Movement 5.00 – 5.45	Controlled Floor 5.00 – 5.45		Foundation Floor 5.00 – 5.45	
5.15					
5.30					
5.45	Foundation Floor 5.45 – 6.30		Controlled Floor 5.45 – 6.30		
6.00					
6.15					
6.30					
6.45					
7.00					