

## Exercise Classes

**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.

**Flexibility & Spinal Control 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. \*Not running at present.

**Balance** - A 45 minute class focusing on Balance with a Tai Chi component.

## 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.

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## 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

**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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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					Equipment 9:30 - 10:15	
9.45						
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		
2.15						
2.30						
2.45						
3.00						
4.15				Equipment 4:15 - 5:00		
4.30						
5.00			LifeStyle Fitness 4:30 - 5:30			
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		Controlled Floor 9.00-9.45		
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						
11.00						
11.30						
11.45						
12.15	Foundation Floor 12.15 - 1.00	Balance 11.45-12.30				
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						
6.00	Foundation Floor 5.45 - 6.30	Controlled Floor 5.45 - 6.30				
6.15						
6.30						
6.45						
7.00						