

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00					
8.15					
8.30			Equipment 8.30-9.15		Equipment 8.30-9.15
8.45				LifeStyle Fitness 8.45-9.45	
9.00	LifeStyle Fitness 9.00-10.00				
9.15					
9.30					
9.45				Equipment 9.30-10.15	
10.00					
10.15	OsteoFit 10.15-11.15	Equipment 10.00-10.45			
10.30					
11.15					Equipment 10.30-11.15
11.00			Equipment 11.00-11.45	Equipment 11.00-11.45	
11.30					
12.15					
2.00	Equipment 2.00-2.45			Equipment 2.00-2.45	
2.15					
2.30					
2.45					
3.00					
4.00				Equipment 4.00-4.45	
4.15					
4.45					
5.00			Equipment 5.00-5.45	OsteoFit 5.00-6.00	
5.15					
5.45	Equipment 5.45-6.30				
6.00					
6.15					
6.30					

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00					
8.15					
8.30					
8.45					
9.15		Controlled Floor 9.15-10.00			Foundation Floor 9.30-10.15
9.30					
9.45					
10.00				Controlled Floor 10.00-10.45	Mindful Movement 10.30-11.15
10.15					
10.30					
10.45					
11.00					
11.15					
11.45					
2.00					
2.15					
2.45					
3.00					
4.00					
4.15					
4.45					
5.00	Foundation Floor 5.00-5.45	Controlled Floor 5.00-5.45		Mindful Movement 5.00-5.45	
5.45	Mindful Movement 5.45-6.30				
6.00					
6.15					
6.30					

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 individualized program.

OsteoFit – 60 minute class, high resistance and impact training, based on current validated research and modified to meet individualized needs.

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.

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 and post fitness test)

Osteofit = \$365 (10 classes + pre fitness test)

Or Pay as you go = \$41



Exercise Program Timetable

Private Health Rebates Apply

Maximum of 6 people class - **BOOKINGS ESSENTIAL**

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