

Pilates

Foundation Floor - Beginners floor class

Controlled Floor - Intermediate floor class

Progressive Floor - Advanced floor class

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

Pilates for Men - 10 week program for men incorporating floor and equipment classes

Teen Pilates - Students have the option of a 1 hr Floor and Equipment combination class, or a ½ hr floor class. Designed to improve posture, flexibility and muscle endurance

Exercise

***LifeStyle Fitness** - A 6 week 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

Balance (Thursday 11am) - A ½ hr class for the elderly which focuses on basic balance training in a controlled and safe environment

Balance & Strength (Wednesday 2:30pm) - A ½ hr class designed to improve upper and lower body strength which incorporates some balance exercises

Mindful Movement (Tuesday 9:15am) - A 45 minute class designed to gently and safely explore spinal movement (Physio must recommend you for this class).

The Bottom Line

Cost Prepay = \$250 for ten classes when prepaid (\$25 p/class)

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

OR Pay as you go = \$28

Except for the following programs and classes

***LifeStyle Fitness** = \$350 (10 Classes + pre & post fitness test)

***Cardio** = \$20 separately **OR** \$12 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



Exercise Program Timetable

Private Health Rebates Apply

Maximum of 6 people per class - bookings essential

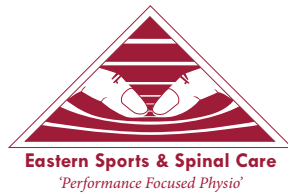
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Eastern Sports & Spinal Care

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									
10.15									
10.30				Equipment 10:15 - 11:00					
10.45		Equipment 10:30 - 11:15							
11.00									
11.15									
11.30									
11.45									
12.00				Low impact 12:00 - 12:45					
2.00	Equipment 2:00 - 2:45								
2.15									
2.30			Bal & Strength 2:30 - 3:00						
2.45					Equipment 2.30 - 3.15				
3.00									
4.30		Equipment 4.00 - 4.45							
4.45			LifeStyle Fitness 4.45 - 5.45						
5.00									
5.15	Cardio 5:15 - 5:45				Cardio 5:15 - 5:45				
5.30									
5.45	Equipment 5:45 - 6:30	Cardio 5:45 - 6:15	Equipment 5:45 - 6:30	Equipment 5:45 - 6:30	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					Controlled 8:45 - 9:30	
9.15		Mindful Movement 9:15 - 10:00	Controlled 9.15 - 10.00			
9.30						
9.45						
10.00						
10.15					Foundation 10:00 - 10:45	
10.30						
10.45						
12.45		Foundation 12:45-1:30			Mindful Movement 11.45 - 12.30	
1.00						
1.15						
1.45			Controlled 1:45 - 2:30			
2.00						
2.15						
2.30			Bal & Strength 2:30 - 3:00			
2.45						
3.00						
4.00						
4.15						
4.30						
4.45						
5.00				Foundation 5:00 - 5:45		
5.15	Cardio 5:15 - 5:45	Progressive 5:00 - 5:45			Cardio 5:15 - 5:45	
5.45						
6.00						
6.15		Cardio 5:45 - 6:15	Controlled 5:45 - 6:30			
6.30						
6.45						
7.00		Foundation 6:15 - 7:00				