

MARCH 2018 REHABILITATION & PILATES TIMETABLE – NORTH LAKES							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
7.30 am							
8.30 AM		Strong & Stable	Super Rehab		Super Rehab	9.00 AM	Pilates Mat Essentials
9.30 AM	Super Rehab	Super Rehab	Pilates Studio Reformer+	Super Rehab	Super Rehab	10.00 AM	Yummy Mummies
10.30 AM							
4.00 PM				Super Rehab			
5.00 PM							
6:00 PM		Pilates Mat Essentials		Pilates Studio Reformer+			
7:00 PM		Super Rehab		Super Rehab			

*N.B. All classes run for 60 minutes.*

#### CLASS DESCRIPTIONS

<i>Strong &amp; Stable</i>	This class is designed to improve muscle & bone strength and balance for functional conditioning. We use a circuit style of training which provides gentle exercises to assist everyday living!
<i>Super Rehab</i>	For those you who need to add a little super power into your rehabilitation! This class uses all available equipment through a personalised program designed to get you back on your feet quickly
<i>Pilates Mat Essentials</i>	Pilates is a great low impact workout with a focus on posture, joint stability and muscle control. Matwork is an essential component of all Pilates training and this class also uses small equipment to improve the effectiveness of each exercise.
<i>Pilates Studio Reformer+</i>	Love Reformer? Ready to move to a fitness class that focuses on strength, endurance and takes your Matwork to another level? This class mixes Reformer workouts with circuit-style Stability Chair, Vertical Frame and fitness components. <b>Prior Matwork experience essential!!</b>
<i>Pilates Yummy Mummies</i>	Caters for the needs of pre- & post-natal women. For pre-natal participants, this workout aims to prepare your mind & body for motherhood & includes exercises & tips on how to support your changing body. Post-natally the workout focuses on conditioning exercise which help to reactivate & gradually strengthen the deep stabilising muscles of your body & boost your energy levels. Suitable for pre-natal clients up to 38 weeks & post-natal clients 6-8 weeks after giving birth.

#### MEMBERSHIP

- We offer a 6 month membership option
- \$32 per week for 2 classes
- Extras and bonuses are included –
  - <http://entirehealth.com.au/services/pilates/new-pilates-membership/>

*We greatly appreciate 24hours notice in the event of a cancellation. A fee may be charged for insufficient notice.*



Email: [entirehealth@gmail.com](mailto:entirehealth@gmail.com)

Phone: (07) 3491 6166

MARCH 2018 PILATES SCHEDULE OF FEES				
<i>All Packs are transferable, but not refundable and are valid four months.</i>			<b>Package Total</b>	<b>Session Rate</b>
<b>Two Introductory sessions ( 20% saving on private)</b>			<b>127.70</b>	63.85
<b>Private Sessions</b>	<b>Single</b>		<b>79.85</b>	79.85
	<b>Pack of 5</b>		<b>371.00</b>	74.00
	<b>Pack of 10</b>		<b>690.00</b>	68.90
<b>Super Rehab, &amp; Pilates Studio Reformer+</b>	<b>Single</b>		<b>27.80</b>	27.80
	<b>Pack of 5</b>		<b>126.20</b>	25.25
	<b>Pack of 10</b>		<b>218.90</b>	21.90
<b>Pilates Mat Essentials Strong &amp; Stable &amp; Pilates Yummy Mummies</b>	<b>Single</b>		<b>23.20</b>	23.20
	<b>Pack of 5</b>		<b>105.60</b>	21.15
	<b>Pack of 10</b>		<b>185.40</b>	18.50
<b>Semi-Private Sessions</b>	<b>Single</b>		<b>39.90</b>	39.90
	<b>Pack of 5</b>		<b>185.40</b>	37.10
	<b>Pack of 10</b>		<b>345.00</b>	34.50

All packs are transferable but **NOT REFUNDABLE** and must be used within a four (4) month period.

Bookings are essential at Entire Health to ensure a space within our small group sessions. If you are unable to attend, please inform us as soon as possible so someone else may benefit from your cancellation

**Please remember:**

- Wear comfortable clothing suitable for exercise
- For hygiene purposes, socks must be worn at all times during your workout (Pilates socks are available from Entire Health)
- For the enjoyment of all participants in your class please turn off all mobile phones before your workout
- Bring along a drink bottle and a towel to cover the mat
- Arrive 5 minutes prior to your session
- If you are unwell, resting at home is your best option
- Pilates is best done two to three times a week

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