

Reformer Pilates

Reformer Pilates at Wellnest Health Inside Manningham Medical Centre
Level 6, Suite 603, 200 High St, Lower Templestowe VIC 3107 Phone 03 8842 3668 Fax 03 8842 3661



wellnest health

Instructors



Jess Mason



Kat Gregory



Naomi Sylivris



Akira Krawiec



Laila Juntunen



Maddison Clark

Timetable

Check online for the most up to date timetable

Reformer Pilates classes run for 50 minutes

Last Updated 2/11/2020

Weekdays	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends	Saturday	Sunday
6:10am	Open Akira	CLASSES RETURNING MON 9 NOV 2020				7:00am	Returning Soon	
7:10am						8:00am	Open Naomi	
9:30am	Open Akira	Open Kat	Open Jess	Open Jess	Open Maddison	9:00am	Active Naomi	Returning Soon
10:30am	Returning Soon	Returning Soon	Returning Soon	Returning Soon	Returning Soon	10:00am	Open Kat	Returning Soon
11:30am						11:00am	Open Kat	Returning Soon
5:30pm	Open Naomi	Active Jess	Open Maddison	Active Kat	Open Laila	12:00pm	Returning Soon	
6:30pm	Active Naomi	Open Jess	Active Maddison	Open Kat	Active Laila	<div> Book Online wellnesthealth.com.au/book-online or via the MindBody App Bookings are essential to avoid disappointment </div>		
7:30pm								

Class Types

Reformer Pilates classes are inclusive for all levels. Choose the class style based on how you want to move.
With a small group 6 reformers, our instructors will tailor classes to suit your body.

Open

- ✓ Beginner-friendly
- ✓ Practice the foundations of Pilates
- ✓ Move your whole body

If you are new to Reformer Pilates or want to spend time practicing the foundations, this is the class for you. Open classes are designed for a nurturing, full body workout. With all the components of a complete Pilates practice - strength, mobility, balance, coordination and flexibility - this class will help you move easily and feel good. Get to know your body more and finish the class feeling connected and empowered.

Active

- ✓ Beginners welcome
- ✓ Progress your Pilates practice
- ✓ Keep flowing and moving

Active classes are great for solidifying the foundations and building on them. You will perform strengthening and endurance exercises in continuous layers, coupled with balance and coordination exercises. Active classes will encourage you to stay in your own 'state of flow' and take movement into your own hands. This will allow you to learn more skills to add to your repertoire. You will feel rejuvenated, stronger and uplifted.

Max (Returning Soon)

- ✓ High intensity full body workout
- ✓ Compound movements
- ✓ More fun and lots of sweat

Go go go. Max classes make you work at your maximum. Less technical stuff, more fun and lots of sweat. It will test your mental resilience, build your stamina and boost your fitness. This class will utilise compound movements and high intensity flows, for you to dig deep and give every last ounce of energy. There is nothing quite like a full body workout where you will be left feeling powerful, exhilarated and wanting more.