



REFORMER PILATES



BEGINNER CLASSES *Essentials*

For those who are new to Pilates and focuses entirely on developing integrity and resistance through all movements. There is a large emphasis on control and precision but enough of a workout to get your endorphins flowing. The reformers pre-tensioned, weighted springs provide continual feedback to the body so you can focus on mastering excellent technique and movement patterns. Suitable for those recovering from injury.

INTERMEDIATE CLASSES *Progress*

Build on the foundations learnt in Essentials. You'll move through a more challenging series of exercises that incorporate the functional movement patterns to strengthen, tone, firm and balance your body, improve posture and prevent injury. Not suitable for beginners to Reformer Pilates, those with injuries or during pregnancy without pre-approval by a Pilates Instructor.

PRIVATE *1 on 1*

A more personalised workout designed to help you achieve your personal goals through encouraging coaching and supervision from a Pilates-trained physiotherapist.

7 Windsor Street, Invercargill
Phone 03 217 4983 windsorphysio.co.nz

REFORMER PILATES PRICE LIST

Class Pricing

Casual Class	\$44
5x Class Package	\$200
10x Class Package	\$390
20x Class Package	\$760

Initial Intro Session

COMPULSORY PRIOR TO ATTENDING A CLASS

Short Intro - \$35

Our 20 minute short Reformer Intro Session is for those who have no current or longstanding injuries/issues affecting your day to day living or movement. One of our Pilates-trained physiotherapists will lead you through a brief health check & orientation to the reformer machine so that you can hit the classes running!

Standard Intro - \$75 (\$40 with an ACC Claim*)

Our comprehensive 40 minute Standard Reformer Intro Session is for those who are currently injured or have a prior injury/issue which impacts your day to day living or movement. One of our Pilates-trained physiotherapists will lead you through a health check, brief fitness screen, full Pilates assessment & orientation to the reformer machine (if appropriate).

*To be eligible for this rate, you must have an ACC claim which we are currently treating you for.

Private Sessions

1:1 Private Reformer Sessions 40min **\$110** 60min **\$165**
1:1 Private Reformer Package 40mins 3x **\$310** 4x **\$420** 5x **\$500**

REFORMER PILATES CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11.30AM-12.30PM <i>beginner</i>		11.30AM-12.30PM <i>intermediate</i>	11.30AM-12.30PM <i>beginner</i>	6.30AM-7.30AM <i>intermediate</i>
5.30PM-6.30PM <i>intermediate</i>	4.00PM-5.00PM <i>beginner</i>	5.30PM-6.30PM <i>beginner</i>	4.00PM-5.00PM <i>intermediate</i>	