



# 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.

**Classes are held at 7 Windsor Street, Invercargill**

Phone 03 217 4983

[windsorphysio.co.nz](http://windsorphysio.co.nz)

# Reformer Pilates Class Timetable & Pricing

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

**Casual Class - \$44**

**10x Class Package - \$390**

**5x Class Package - \$200**

**20x Class Package - \$760**

**Our Reformer Pilates class bookings are done via the Gymcatch App**

Search your app store to download Gymcatch then:

1. Register then search for Windsor Physio
2. Click on Available Packages to purchase a package
3. Click on the Calendar to book your classes!

## Private Sessions

**1:1 Private Reformer Session..... 40min \$110 60min \$165**

**1:1 Private Reformer Package 40mins ..... 3x \$310 4x \$420 5x \$500**

Contact Windsor Physio to book your Private Sessions by calling 03 217 4983

## Initial Intro Session

This 40 minute comprehensive Reformer Intro Session is highly recommended prior to attending our Reformer Pilates classes if you:

- 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.

**\$75 or \$40 with an ACC Claim\***

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

Contact Windsor Physio to book an Intro Session by calling 03 217 4983