



LET'S BEGIN "BEGINNER PILATES":

"Jump start" pilates (beginners) are suitable for people with back and neck pain / people who haven't exercised in a while and clients who are recovering from injury or trauma. These classes are also perfect for people wanting to explore the magic of Pilates. They will cover a foundational repertoire of exercises and stretches focusing on teaching key principles and detailed instruction. Classes are taught at a slower pace as there is an emphasis on proper technique and execution throughout the session. You can expect to leave a class feeling "worked" yet relaxed. The sessions are progressive and will prepare you for an Intermediate level class.

YOU'VE GOT THIS "INTERMEDIATE" PILATES:

"You've got this" pilates (intermediate) is the next progression for those who have completed introductory mat. This class will increase the challenge of exercises and stretches already learned during the Intro level and will add new exercises to challenge co-ordination and strength. These classes are intended to add difficulty while focusing on correct form in the foundational movements.

PREGNANCY PILATES:

Pregnancy Pilates are exercise classes specifically designed for the expectant mother. They are based on traditional Pilate's exercises and approaches to strengthening, posture and preparation for childbirth and parenting. It is one of the few exercise regimes that is safe to continue with throughout your whole pregnancy as well as the postnatal period.

Pregnancy Pilates can be started from 12 weeks and you will need to obtain a clearance from your Doctor prior to commencement. You will need to meet with our Pregnancy Pilates qualified Accredited Exercise Physiologist or Physiotherapist prior to classes to undergo a screening to ensure you are safe to start, as well as be educated on how to engage your pelvic floor and core muscles correctly.

Generally, it is safe to recommence Pregnancy Pilates from 6 weeks post-natally. Please consult your doctor or midwife for a clearance to participate.

"STRETCH AND STRENGTH":

This class has been designed for the sports person in mind as a midweek stretch, strength and conditioning session. No Pilates experience is required for this class.

The classes are set to music and uses Pilate's movements to strengthen and lengthen the body while incorporating foam rollers, therabands and reflex balls.

Each class focuses on lengthening muscles at a gradual pace to help recover and prevent future injury. This class is suitable for mid week conditioning for all sporting codes!

PREGNANCY YOGA WITH BODY MIND BREATH:

This class offers a wonderful balance of flow style stretches to release tension in the body, strengthening poses to prepare your body for birth, breathing and relaxation for calming your mind and nervous system.

You will learn how to deeply relax, soften and surrender with a deep inward focus on breathing, connecting your mind with your body and baby.

Your instructor Gwyneth has taught Yoga for over 20 years, her specialised Pregnancy Yoga class combines Hypnobirthing techniques with gentle Hatha Yoga.

YOGA WITH 3YOGA DAGMAR:

Basic: Introducing the basics of breathing, movement and posture. Ideally, we recommend that all those new to Yoga complete a Basic Course.

LEVEL 2/3: Works on a deeper physical and psychological level, introducing more challenging asanas, sun salutation variations, inversions and backbends. Not suitable for beginners.