

Booking System: Please note that all bookings for Premium Reformer Pilates must be made utilising **ADVANCE**.

If you do not have access to Advance please see below for membership upgrade options.

Premium Reformer Pilates TIMETABLE

FROM 13TH JANUARY 2020



Reformer Pilates is designed for all fitness levels from beginners to advanced to help improve overall strength, mobility, flexibility, conditioning and overall wellness. This program is favoured by the everyday person to athletes alike as some of the benefits include improved posture, injury prevention, improved recovery from other physical activities and can even provide relief from postural related pain.

Our **Intro to Reformer program** (available for all Full Access members) offers a great starting point for anyone new to using the Reformer bed, and our highly skilled instructors will set up the foundations of a strong Reformer practice and build your confidence.

Our exclusive **Reformer Premium classes** (available exclusively on Reformer Membership only) build on the foundations created in our Intro to Reformer sessions to further develop skills and strength in a full 60 minute format.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am						INT- Penny/ Dimi	INT- Penny/ Dimi
9.15am		RP- Loretta	RP- Penny	INT- Celine	RP- Celine		
9.30am						RP- Penny/ Dimi	RP- Mary T
10.40am	RP- Dimi				RP- Carole S		
6.00pm		INT- Mary T					
6.30pm	RP- Loretta		RP- Celine	RP- Dimi	RP- Celine		
7.00pm		RP- Mary T					
7.30pm	RP- Mary T		RP- Dee				

To upgrade to Reformer Membership, please see reception or send us an enquiry.
<https://www.aquarena.com.au/health-fitness/reformer-pilates/>

Classes and instructors are subject to change at short notice. | Tickets/wristbands are required to attend all group fitness classes. Tickets/wristbands are available from the reception desk or from the kiosk (excluding wristbands). | Ensure you inform the instructor BEFORE commencing a class of any injuries, concerns or pregnancies. | For the safety of our patrons and OH&S, your instructor will not allow you to participate in a class after the warm up has finished. | Please bring a towel and drink bottle to all classes.



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[aquarena.com.au](https://www.aquarena.com.au) | 9848 0000