

Pilates Schedule 2012

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| Term 1 | <i>1st February to 5th April</i> | 10 weeks |
| Term 2 | <i>2nd May to 4th July</i> | 10 weeks |
| Term 3 | <i>25th July to 26th September</i> | 10 weeks |
| Term 4 | <i>17th October to 12th December</i> | 9 weeks |

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| Monday | | | Studio 6pm TJ | Studio 7pm TJ |
| Tuesday | Studio 8am TJ | | | Studio 7pm RG |
| Wednesday | Studio 7am RG | | | Mat 7pm IP |
| Thursday | | | Studio 6pm IP | Studio 7pm RG Mat 7:30pmIP |
| Friday | | Studio 1pm TJ | | |
| Saturday | Studio 7am RG 8 & 9am IP | | | |

Mat Classes

Mat classes run with the school terms.

Bring a mat (1cm thick is best) for a floor based workout. Use gravity and your own body weight to challenge your core muscles and discover muscles you never even thought existed!

To familiarize yourself with exercises and assess any existing injuries, first timers may require an initial assessment with a physiotherapist depending on prior Pilates experience and fitness levels.

Attendees often return to continue Pilates classes each term. The first week back from break is always a refresher and suitable for all abilities.

If you struggle to comprehend exercises or feel discomfort at any time, you are advised to attend a private consultation at the Jenkins Physiotherapy clinic for individual assessment.

Studio Class:

Use our fully equipped Pilates studio, including the reformer, fitball, foam roller, balance disc and much more, for a fun workout with others, who may just become good friends.

Run in a circuit format, with exercises tailored to individuals needs, attention is paid to form, coordination, breathing, and getting results to help you find your smile again!

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