

STRAND FITNESS SOUTHSIDE



REFORMER PILATES

VIP GOLD MEMBERSHIP

Effective Tuesday 1st April 2025

| | MON | TUES | WED | THUR | FRI | | SAT | SUN |
|---------|-----|------|-----|------|-----|---------|-----|-----|
| 5:15AM | | | | | | | | |
| 6:15AM | | | | | | 8:15AM | | |
| 7:30AM | | | | | | 9:15AM | | |
| 9:15AM | | | | | | 10:15AM | | |
| 10:30AM | | | | | | 11:15AM | | |
| 11:30AM | | | | | | 12:00PM | | |
| 12:30PM | | | | | | 1:00PM | | |
| 1:15PM | | | | | | 2:00PM | | |
| 2:00PM | | | | | | 3:00PM | | |
| 3:30PM | | | | | | | | |
| 4:30PM | | | | | | | | |
| 5:30PM | | | | | | | | |
| 6:30PM | | | | | | | | |

**Class times, class types, class styles and Reformer beds available are subject to change.

Reformer Pilates Studio is not available outside of staffed hours. Class schedules may change due to public holidays and seasonal hours**



Instructor Lead Classes



Virtual Classes



Instructor Classes.
All levels welcome & scalable to your ability.



Beginner classes



Intermediate Classes



Advanced Classes



WHAT IS REFORMER PILATES?

Reformer Pilates is a Pilates method that uses an apparatus known as the Pilates Reformer. While the equipment might look odd at first, the Reformer is an incredibly versatile piece of equipment, whether you're rehabbing an injury or wanting a head-to-toe workout. Invented by the German Pilates Method founder, Joseph Pilates, in the 1920s, the Reformer machine was – true to its name – built to 'reform' the body. This piece of specialist equipment consists of a bed-like frame with a sliding platform or carriage and a system of springs, pulleys and ropes. The carriage moves on wheels back and forth within the frame, with the adjustable springs at the foot of the bed creating varying levels of resistance. Reformer Pilates is available on the VIP Gold Membership at Strand Fitness Southside.

WHY YOU'LL LOVE REFORMER PILATES

Full body workout (low impact, but high intensity): Using a Reformer to perform specific, individualised movements will give you a balanced, full body workout. The subtlety of the springs on a Reformer, globally strengthens the whole body to not just target the large muscle movers, but also activate the smaller stabilisers. Where there is uneven weakness, you are also able to work unilaterally to focus on and correct imbalances.

Builds strength and tones muscles: Reformer Pilates allows you to move through full range while working on strengthening muscles. This dynamic form of exercise cleverly uses the machine's springs and levers to create resistance and allow for equal focus on the concentric and eccentric contractions to create long, lean, toned muscles. It not only targets major muscle groups, but also the small stabilising muscles are called to action when working on a reformer machine.

Improves core and posture: Many of the exercises performed on a Reformer machine target the core whilst working the peripheral postural muscles at the same time. A stronger core is essential for ideal posture.

CLASSES EXPLAINED

Instructor Lead Classes: Book in, show up, and let our instructors guide you through a great workout. We program our workouts to help you progress and see results. Whether you're a beginner or looking for more of a challenge, you'll enjoy the variety of our instructor-led classes and meet new people. All our classes are suitable for all fitness levels, with scaled options to match your abilities—everyone's welcome!

Virtual Classes: Choose a class time and ability level from the timetable and step into the studio to complete your Reformer Pilates workout. This is a great option for anyone wanting to do a workout on their own time - simply show up and let our on screen instructors guide you. Why not grab your friends for a more enjoyable experience!

NEW TO REFORMER PILATES?

If you're new, we recommend starting with an instructor-led class first. Arrive a few minutes early to meet your instructor, who will guide you through the basics and ensure you're comfortable with the equipment. They'll provide support throughout the class, helping you build confidence and strength at your own pace. Once you feel comfortable, you're welcome to join our virtual classes for more flexibility in your workouts.

**SPECIAL
GRIP SOCKS
REQUIRED
TO ATTEND**



Special grip socks are required to participate in all instructor and virtual classes. These socks help promote a clean and sanitary reformer bed and make practicing Reformer Pilates safer. The non-slip grip is designed to help you move through your workouts in a safe and comfortable way. These are available to purchase at various shops, online and we have limited pairs at reception.

REFORMER PILATES BOOKING ETIQUETTE

- 1** Class booking **cut-off time is 30 minutes**. To book with less than 30 minutes before the class starts, please call us to ensure a spot is available. Failure to cancel at least two hours prior may result in a **\$5-20 late cancellation fee** charged to you. With limited spots available, this is to ensure no one misses out on their favourite class.
- 2** **No booking, no attendance.** All classes, sessions and creche sessions must be booked in via the app. If you are having trouble accessing the app, please see us at reception.
- 3** If you are unable to make the class, session or creche session, please **cancel your booking** through the app to allow others the chance the attend.
- 4** If you don't attend and don't cancel prior to the class, session or creche session starting, a **\$5-20 no show fee** will be charged to you. This is to ensure no one misses out on their favourite class.

MY CLUB FITNESS APP SCAN THE QR CODE



IOS



ANDROID



WEBSITE

Manage your membership, book classes and creche through the app! See us at reception if you require assistance.



**STRAND
FITNESS**

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