



Studio
10 Myrtle Street, Claudelands, Hamilton
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Pilates Matwork

Our classes are layered to help you find the class that is challenging, but safe for your body. With many different courses and techniques available, you can stay at one level for as long as is necessary to develop strength or you can progress to the next level. Please feel free to discuss your progress with your instructor.

Essential 1

An introductory level class for those new to the technique. This class introduces you to the foundation of the Pilates syllabus.

Essential 2

Builds on Essential 1 matwork material with a focus on completing Essential level work and establishing confidence and flow of execution. Incorporates Flexband and Fitness Circles into some exercises, preparing you for more challenging Intermediate exercises.

Essential Plus

A dynamic class of matwork exercises, structured to create flow without losing the integrity of the method. Equipment may be incorporated to stretch and strengthen muscles, open joints and relieve tension. A great workout for all levels.

Balls N Bands

Plenty of fun and variety, with a choice of the Stability Ball, small Pilates Ball and Toning Balls to add intensity and challenge to your class - add the flex band and you'll be sure to enjoy this class.

Small Equipment

Utilises the Flexband, Stability Ball and Fitness Circle. The Fitness Circle will isolate and condition the deep muscles of the body by adding resistance to your workout. The Flexband adds fun and variety while you continue to strengthen and streamline your muscles, while the Stability Ball adds a new dimension to Essential Exercises as the body works to rebalance itself. Good preparation for the more challenging Intermediate exercises.

Stability Ball

Add a new shape to your Pilates workout! Combine Pilates principles with exercises using the large (55-75cm) stability balls to get a challenging, fun filled, and innovative workout. Levels to suit all – #1=Core Balance; #2=Challenge Balance; #3=Ultimate Balance

Seniors

A Pilates class which offers all of the strengthening, stretching and posture benefits of a traditional class but at a more gradual pace allowing the trainer to provide a more personal approach.

Intermediate

Progresses Essential level exercises to their full version. Introduces and incorporates the Intermediate exercises of the Pilates syllabus. Progresses Intermediate modifications to their full version, develops flow and pace and perfects the Intermediate mat repertoire in preparation for Advanced exercises.

Advanced

A challenging workout covering the full repertoire of the technique, with a focus on teaching the advanced syllabus. The class is flowing and quicker to develop strength and co-ordination.

All mat sessions are 55 minutes long to allow time for instructors to consult individually with participants afterwards.

Fee Schedule (inc. GST)

1 class per week	\$150.00 for 12 weeks
2 classes per week	\$290.00 for 12 weeks

Payment is by cheque, cash or bank transfer (National Bank, Hamilton 06-0317-0653974-00) only. No eftpos or credit card facilities are available. (Please ensure your direct deposit is clearly identified as being from you).

Registrations close on February 6th 2010 and are essential to confirm your place. Do not register for classes where you are unsure of your attendance as you are restricting other people from registering.

If you withdraw after the start of the term, you will be charged a cancellation fee of \$25.00.

Matwork term fees are non-refundable and cannot be transferred to other people.

Unless prior arrangements have been made, fees for the complete term must be paid in full by the Friday February 12th. Invoices will be issued for fees not paid by this date including a \$10.00 late payment fee. (Please place all cheques and cash payments in an envelope with your name on, into the fees letterbox at reception).

There are no refunds for missed classes, however makeup classes are allowed if space is available. These must be taken in the current term. Additional classes can also be taken during the current term if space is available. These are payable on the day.

Where to Find Us

Progressive Pilates is located at 10 Myrtle Street in Claudelands. Myrtle Street is off Te Aroha Street (at the river end). Plenty of off-street parking is available.

For further information, please phone Sonia or check our website www.progressivepilates.co.nz

Summer Season Mat Class Schedule 2010

Term duration:

Monday 8th February 2010 - Friday 30th April 2010 (12 week term)

Orange Mat Room

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	Intermediate Mat Sonia	Essential 2 Mat Jodi	Stability Ball/Adv Mat Sonia	Small Equipment Jodi	
10.30am		Small Equipment Sonia		Essential 1 Mat Jodi	Seniors Mat Sonia
5.30pm	Balls N Bands Sonia	Essential Plus Mat Jodi	Small Equipment Jodi	Intermediate Mat Sonia	
6.30pm	Stability Ball/Int Mat Sonia	Essential 1 Mat Jodi	Balls N Bands Jodi	Essential Plus Mat Jodi	
7.30pm	Intermediate Mat Jodi	Essential 2 Mat Jodi		Essential 2 Mat Jodi	

Blue Mat Room

	Monday	Tuesday	Wednesday	Thursday	Friday
5.30pm	Small Equipment (Adv) Jodi		Small Equipment Sonia	Essential 2 Mat Jodi	
6.30pm	Essential 1 Mat Jodi		Advanced Mat Sonia		
7.30pm			Intermediate Mat Sonia		

This is a proposed timetable and may change if insufficient registrations are received for a particular class

Beginners class