

# Reformer Pilates Timetable - Cardinia Life

Commencing Friday 15th August

REFORMER PILATES		MON	TUE	WED	THU	FRI	SAT	SUN
	6.00am	Coming Soon		Reformer Pilates				
	7.00am	Coming Soon		Reformer Pilates				
	8.15am			Reformer Pilates			Reformer Pilates (8.10am)	
	9.30am			Reformer Pilates	Reformer Pilates	Hybrid Reformer		
	10.30am			Restorative Reformer	Reformer Pilates	Restorative Reformer		
	5.30pm	Coming Soon	Hybrid Reformer	Coming Soon				
	6.30pm			Coming Soon				

## Reformer Class Descriptions

### Reformer Pilates - 50mins

A low impact small group class, designed for all abilities & fitness levels with qualified instructors. A full body workout using spring loaded resistance reformer beds with a focus on building strength, improving flexibility, balance and posture.

### Hybrid Reformer - 50mins

Fun and energetic circuit-based Pilates class focusing on improving both fitness and strength. You'll move through a variety of stations using Pilates equipment, bikes, weights, and more. Whether you're just starting out or looking to take your training to the next level, this class is designed to challenge and support you.

### Restorative Reformer - 50mins

Gentle, slower paced class designed to focus on stretching and flexibility. Specific exercises to help release tension, improve mobility, enhance flexibility and improve overall physical and emotional well-being.

## Reformer Class Etiquette

### Start times:

Each class runs for 50 minutes. We strive to begin and end all classes promptly.

Please ensure that you arrive 5 minutes prior to the scheduled start time to ensure a safe and smooth beginning.

### Grip socks

Grip socks are required for the following reasons:

- Safety: Grip socks contain a non-slip sole that enhances traction and helps prevent slips or falls during reformer workouts.
- Hygiene: Grip socks contribute to a cleaner, more hygienic environment for everyone in the studio.
- Performance & Stability: Grip socks support better balance, control and help improve overall performance allowing smoother transitions during reformer exercises.

If you don't have grip socks, they are available for purchase at reception.

### Reformer Class Access

Participants must be 16 years of age or older to participate in ALL Reformer Pilates classes.

### Guide For Enjoying Your Reformer Pilates Class

- Pack your workout towel and drink bottle.
- Please wipe down your equipment after use.
- Please arrive 5 minutes prior to your session to allow time for any set up requirements.

### Need To Get In Touch?

P: (03) 5945 2888 E: cardinia@alignedleisure.com.au.

W: www.cardinialeisure.com.au A: 4 Olympic Way, Pakenham 3810.

## Pricing Structure

### Introductory Pack - 3 classes - 1 time purchase

Current Member Price - \$40

Non-Member Price - \$60

### Single Class

Current Member Price - \$15

Non-Member Price - \$25

### 5 x Class Pack

Current Member Price - \$71.25

Non-Member Price - \$118.75

### 10 x Class Pack

Current Member Price - \$135

Non-Member Price - \$225

### 20 x Class Pack

Current Member Price - \$255

Non-Member Price - \$425

### Terms & Conditions apply\*

#### Not included in current Cardinia Memberships!

Once you have purchased a pack, a pre-screening form will be emailed to you to complete & return a minimum of 24 hours prior to your first class

## Cancellation Policy

1. **Early Cancellation** (12+ hours before class) – No penalty – your class pass will be retained
2. **Late Cancellation or No Show** (within 12 hours of class start) – Your class pass will be forfeited.
3. **If Cardinia Life needs to cancel a class** You will be notified in advance, and your class pass will not be affected.