Reformer Pilates Timetable - Cardinia Life

Commencing 2nd November to 30th November

REFORMER PILATES

	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am	Reformer Pilates Sarah A		Reformer Pilates Alex				
7.00am	Reformer Pilates Sarah A		Reformer Pilates Alex				
8.10am						Reformer Pilates Sarah F	
8.15am			Reformer Pilates Wendy				
9.30am			Reformer Pilates Wendy	Reformer Pilates Sarah F			Reformer Pilates Marie (Trial Class)
10.30am			Mindful Movement Studio Class Wendy	Reformer Pilates Sarah F	Restorative Reformer Sarah F		
10.45am							
11.45am							
5.30pm	Reformer Pilates Wendy		Reformer Pilates Wendy				
6.30pm			Reformer Pilates Wendy				

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.

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.

Mindful Movement Studio Class - 50mins
Utilising a comprehensive range of Pilates apparatus including Wunda Chair, Barrel, Tower and Reformer. Our certified instructors create tailored classes designed to build strength. enhance mobility, refine techniques, and improve overall well being.

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.

Terms & Conditions apply*
All Reformer & Mindful Movement Classes are not included in current Cardinia Memberships! For full pricing structure please see reception or visit www.cardinialeisure.com.au.
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.
Must be 16 years or older to participate in Reformer & Mindful movement classes.

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.

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.