

CLASS TIMETABLE - PILATES

REFORMER & MAT CLASSES

sat

AM CLASSES

mon

8AM REFORMER PILATES

9AM REFORMER PILATES tues

wed

7AM REFORMER PILATES

8AM REFORMER PILATES thur

7AM REFORMER PILATES

9.45AM REFORMER PILATES 8AM REFORMER PILATES

fri

4.30PM MAT PILATES

5.30PM REFORMER PILATES 4PM MAT PILATES

5.30PM REFORMER PILATES



TIMETABLE CORRECT AS AT 1/2/2024. SUBJECT TO CHANGE. VISIT WWW.THEMCKENZIECLINIC.COM.AU TO BOOKING & VIEW PRICING



The McKenzie Clinic Allied Health, Gym & Lifestyle Hub



PILATES CLASS DESCRIPTIONS



Reformer Pilates is performed on a reformer, designed with springs, straps, and a moving carriage to perform various resistance-based movements aimed at improving strength, flexibility, and overall body alignment. It focuses on controlled, precise movements to target specific muscle groups, enhancing core strength and promoting better posture and muscle tone.



MAT PILATES

Mat Pilates is a floor-based exercise practice that utilises bodyweight resistance, controlled movements, and focused breathing to improve core strength, flexibility, and overall muscle tone. Small equipment can be added such as balls, bands, rollers, small weights & Pilates circles. Suitable for all ages & abilities. If you can't get to the floor it can be done standing & using a chair.

