

PILATES BODY STUDIO TIMETABLE as at July 2010

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MONDAY – FRIDAY 7.00am – 6.30pm PRIVATES	7.00am	Studio Group Session 7.00-8.00 Maree		Studio Group Session 7.00-8.00 Paul		Studio Group Session 7.00-8.00 Jo	BODY STUDIO
	7.30am						
	8.00am						Studio Group Sessions 8.00–9.00
	8.30am						
	9.00am	Studio Group Sessions 8:30-9:30		Studio Group Sessions 8.30-9.30		Studio Group Sessions 8.30–9.30	9.00–10.00 Paul
	9.30am						
	10.00am	9:00-10:00		9.30-10.30	Studio Group Sessions 9.30-10.30	9.30–10.30 Jo	
	10.30am	10:00-11:00 Maree		10.30-11.30 Paul			Reformer 1 10.30-11.30 Paul
	11.00am						
	11.30am						
	12.00pm	Just Men 12.00-1.00 Maree		Reformer 2 12.00–1.00 Maree	Reformer 1 10.30-11.30 Paul		
	12.30pm		Reformer 1 12:00–1.00 Jo		Intro Reformer 1.00–2.00 Paul	Mat level 2 12.30-1.30pm Jo	
	1.00pm						
	1.30pm						
	2.00pm						
	4.00pm	Studio Group 4.00-5.00 Claire				Teenager Reformer 4:30-5:30 Claire	
	5.00pm						
	5.30pm	Studio Group 5.00-6.00	Mat - Level 1 5.30–6.30 Claire		Reformer 1 6.00–7.00 Claire	Studio Group 5.30-6.30 Paul	
	6.00pm						
	6.30pm	Studio Group 6.00–7:00	Reformer 1 6.30–7.30 Claire			Studio Group 6.30–7.30 Paul	
7.00pm							
	7:00-8:00 Claire			Studio Group 6.00–7.00 Claire			
7.30pm							
8.00pm							

Class Descriptions

Allegro: Classes that are conducted in a small group of no more than 7 people using the Allegro Reformer, a Pilates machine that assists and accentuates execution of the exercises. This class helps develop core control, strength, flexibility, alignment, coordination and balance. Each class includes exercises that progress from lying supine to bridging, hands and knees, sitting, kneeling and standing. You will also find the energizing effects of group training dynamics in this unique conditioning programme. We offer three different experience levels for this class.

Intro Allegro: This is a required class for anyone new to Pilates or to these classes. It introduces essential Pilates principles and proper equipment usage to maximize results and safety. Once approved by the instructor, advancement is made to level 1 Allegro.

Level 1 Allegro: This class has the basic framework in which all preceding levels build on. Its challenge lies in applying correct technique to achieve results and prepares you to advance to the next level.

Level 2 Allegro: These classes increase in difficulty through varied resistance, Pilates repertoire, speed of execution and more demanding coordination usage.

Mat: Classes that safely and effectively train sleek abdominals, develop pelvic floor strength, create a strong supple back and align shoulders and chest for good posture. Small resistance apparatus may be used.

Mat Level 1: This class is for everyone who is new to Pilates Mat work and the basic principles of movement. Participants will be introduced to fundamental exercises that will aid them in understanding movement. They will learn how to accommodate certain exercises to their body type allowing them to build upon the fundamentals safely.

Mat Level 2: This intermediate level mat class builds upon the basic principles and choreography from level 1. More demanding mat exercises are introduced to challenge core strength, flexibility and coordination. A strong knowledge of basic Pilates mat exercises is required.

Maree Seerden

Maree, the Principle of the Pilates Body Studio, was introduced to Pilates in 1987 in London and has been teaching Pilates since 1992. She is certified with multiple international Pilates certification bodies. Maree is a Polestar Pilates Educator and Polestar NZ Licensee.

Instructors

Jo Hutley

Jo was a teacher with a dance background when she discovered the Pilates method at the Body Studio in 1996. In her time at the studio Jo has worked alongside many international instructors and has thus gained insight into the full range of repertoire from the very classical through to the more modern approaches. Jo has studied extensively with Polestar Pilates Education and in particular is certified in Post-Rehabilitation. As well as the work she enjoys in the studio with a wide range of clients, Jo is involved in instructor training as a Mentor/Educator for Polestar Pilates Education.

Claire O'Brien

Claire is a Kiwi born/Australian trained Pilates instructor with an interest in Osteopathy. Claire has worked as a Pilates instructor for top Sydney studios. She then took a radical and exciting turn and worked as a circus performer and instructor, specializing in trapeze work Club Med in Australia and Indonesia.

Claire returned to NZ in April of 2007 and apart from working at the Pilates Body Studio, she is also studying for her Masters of Osteopathic Medicine at Unitec in 2008.

Esther Hankinson

was introduced to Pilates six years ago and having developed a keen interest and a love for the Pilates Method, she is certified in Mat and Studio instructor training with Polestar Pilates. She has also joined the Polestar Pilates mentorship to guide other instructors towards their certification.

Paul Jones

Paul comes to us from the UK where he trained with the acclaimed Body Control Pilates Association and did a classical apprenticeship with Paul Anthony McLinden of Ocean Wave Pilates.

Paul discovered the benefits of Pilates nearly a decade ago following a series of cycling accidents. Prior to his arrival in New Zealand in February '09, Paul had his studio in the Peak District and worked at studios in Manchester and Brighton.

Policies

Class Policies

- You must sign in and pay BEFORE you take the class.
- After the first 10 minutes of class no one will be allowed to enter the classroom - so please arrive on time.
- It is mandatory to take an intro or private allegro class prior to level 1.
- Turn off cell phones and please refrain from chewing gum.
- You must only attend class levels, instructors have approved you for.
- For those who arrive late, it will be at the instructors' discretion as to whether or not they will be allowed to enter class.
- Please wear appropriate workout attire ie. clean socks and bring a clean towel to place on the equipment or mats.
- Please come with a clean body free of colognes, perfumes, or scented lotions.

Scheduling Policies

- *Advanced Scheduling for Classes:* Payment is required to sign-up for future classes (see cancellation policy).
- *Priority Scheduling:* Packages are available for those that wish to schedule a series of appointments/classes in advance
- *Package Expiration:* Class session packages are good for 3 months from purchase date. See holiday hold below for information on extending.
- *Holiday Hold:* With advance notice, you may freeze your package for the duration of your trip/holiday.

Cancellation Policy

- Pilates Body Studio desires to give each client/patient our fullest attention during their allotted time. Your respect of other client's time is appreciated. Sessions will end promptly as scheduled. Late arrivals are responsible for full fee of the session.
- Cancellation in advance of 24 hours of appointment, no charge. This policy means that you must cancel your appointment by 3pm of the previous day in order to have no charge applied to your account.
- Cancellation less than 24 hours before appointment, full charge of class rate or private session.