

PILATES BODY STUDIO TIMETABLE FEBRUARY 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7.00am	Studio Group Sessions 7.00 - 8.00 Emily 8.00 - 9.00 Emily 9.30 - 10.30 Maree	Private Sessions	Studio Group Sessions 7.00 - 8.00 8.00 - 9.00 9.00 - 10.00 10.00 - 11.00 Emily	Private Sessions	Studio Group Sessions 7.00 - 8.00 8.00 - 9.00 9.00 - 10.00 Emily		
7.30am							
8.00am							
8.30am							
9.00am							
9.30am	Private Sessions			10.00 - 11.00 Esther	9.00 - 10.00		
10.00am							
10.30am				Reformer 1 10.30 - 11.30 Julie			
11.00am				Reformer 1 11.00 - 12.00 Maree			
11.30am							
12.00pm	Just Men 12.00 - 1.00 Maree		Reformer 2 12.00 - 1.00 Maree	Reformer 1 12.00 - 1.00 Julie	Living spine 12:00 - 1:30 Isabela		
12.30pm	Private Sessions		Private Sessions	Private Sessions	Private Sessions		Living spine 12:30 - 2:00 Isabela
1.00pm							
1.30pm							Intro Reformer 1.00 - 2.00 Julie
2.00pm							
2.30pm							
3.00pm	Private Sessions	Private Sessions	Private Sessions	Private Sessions	Private Sessions		
3.30pm							
4.00pm							
4.30pm						Low Back Care 4.30 - 5.30 Emily	Studio Group Sessions 4.30 - 5.30 5.30 - 6.30 6.30 - 7.30 Emily
5.00pm							
5.30pm	Studio Group Session 5:30 - 6:30 pm	Mat - Level 1 5.30 - 6.30 Julie					
6.00pm	Living Spine 6:30 - 8:00pm Isabela	Reformer 1 6.30 - 7.30 Julie	Cyclist Circuit 7.00-8.00 Emily				
6.30pm							
7.00pm							
7.30pm							
8.00pm							

Class Descriptions

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

Level 2 Reformer: 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.

Instructors

Maree Seerden

Maree, the Principal 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.

Esther Hankinson

Was introduced to Pilates eight years ago and having developed a keen interest and a love for the Pilates Method, trained as an instructor and is Polestar Pilates certified in Mat and Studio in 2007.

Emily Davies

Emily believes, through personal experience, that Pilates is the perfect rehabilitation and body maintenance tool. She comes from a background of international sailing, alpine skiing and endurance sports including completing the longest day of the Coast to Coast.

Finding Pilates helped her to recover from a serious injury and gave her the opportunity to compete once again. It was after this that she decided she wanted to pass on her positive experiences to others.

Emily is a New Zealand registered and ACC accredited physiotherapist. Her initial Pilates training was through Body Control Pilates in the UK but when she moved to New Zealand she became a client and mentee of Maree's and completed the Polestar Rehabilitation Training.

Julie Goddard

Recently relocated to Auckland from Hamilton. Julie is certified in Studio with Polestar Pilates 2008.

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.
- Concession cards are non-transferable and non-refundable

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.