

THE WELL TIMETABLE DESCRIPTIONS

REFORMER FOUNDATIONS

Class Type: Pilates

Class Duration: 50 mins

A 50 minute introductory class. Ground yourself in the essentials of the Pilates Reformer, mastering the proper technique required to build core strength, stability and mind-body connection.

Experience precise, controlled exercises that target specific muscle groups, fostering better posture and muscular balance.

Led by expert instructors, this class provides a supportive environment for those new to Reformer Pilates, guiding you toward a solid foundation for a sculpted and resilient body. Join us for a transformative journey into the essentials of Pilates practice.

REFORMER CONDITIONING

Class Type: Pilates

Class Duration: 50 mins

Pilates Conditioning continues to build on the essentials of Pilates while improving your stamina and agility.

Exercises are chosen to activate and mobilize the joints in a natural flow and sequence that is suitable for all levels.

Our instructors can adjust the intensity of your workout to make sure this class is suitable for those just graduating from beginner classes through to challenging even the most experienced student.

REFORMER BURN

Class Type: Pilates

Class Duration: 45 mins

Take your body to new heights in this challenging, fast-paced streamlined and flowing class, sculpting and toning the body from the inside out. Your entire body will be tested in each class as we target specific areas to ensure your body is developed systematically.

This class is suitable if you're experienced with a confident understanding of the Reformer and your own personal settings and modifications.

If you're pregnant, unfortunately this class is not suitable for you due to the intensity of the exercises. We recommend you participate in our Foundations class.

REFORMER CARDIO

Class Type: Pilates

Class Duration: 30 mins

Ignite your Pilates routine with our dynamic fusion class. Blending traditional Reformer exercises with heart-pumping cardio intervals, this session delivers a full-body workout that boosts metabolism and enhances endurance. Led by expert instructors, Reformer Cardio is the perfect blend of strength and cardio for a revitalizing fitness experience.

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REFORMER STRETCH

Class Type: Pilates

Class Duration: 45 mins

With a specific focus on flexibility and mobility, enjoy 45 minutes of stretching and lengthening to create the signature 'Pilates muscle'. An ideal class to aid in injury prevention, rehabilitation and the overall ability to move well and feel good. Suitable for all levels.

REFORMER STRENGTH

Class Type: Pilates

Class Duration: 45 mins

The newest edition to our Pilates program, REFORMER STRENGTH is 45 minute class focusing on weight bearing Pilates repertoire. This class will be designed with heavy spring settings, dumbbells and creative loaded exercises to build muscle that support the skeletal system.

MAT PILATES HIIT

Class Type: Pilates

Class Duration: 30 mins

A 30 minute, floor based class focused on the principles of Pilates - alignment, strength and stability. More of a fast-paced burn than regular mat Pilates, expect to work up a sweat and get those muscles burning!

YIN YOGA + MEDITATION

Class Type: Meditation + Yoga

Class Duration: 60 mins

Yin is a Taoist word that describes qualities such as slow, introspective, still and receptive. This peaceful style of class will cultivate your yin nature as it is primarily done lying down or seated with props to support you in long holds (approx 3 - 8 minutes). The long holds also make it effective for enhancing flexibility, lengthening muscles and supporting joints.

Yin Yoga works to increase the flow of energy through the body so it is great for busy minds and tired bodies. Each class will focus on different energy channels/meridians to rejuvenate the body.

Meditation has a plethora of benefits ranging from stress reduction to creativity. Learn simple skills to empower your mind, reset your body and awaken to your heart. This class is great for anyone and everyone.

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STRENGTH HIIT

Class Type: Strength + Conditioning

Class Duration: 45 mins

A group session combining resistance training and cardio, our circuit class will have you on your toes from start to finish. Classes have a maximum of 12 people, ensuring you get one-on-one assistance from your trainer to help you achieve your goals.

CARDIO HIIT

Class Type: High Intensity Training

Class Duration: 45 mins

A high-intensity cardio based class, cycling you between different pieces of cardio equipment. 5 minutes warm up, then 20 minutes of intervals and HIIT, with a 5-minute cooldown. This session pushes you to your limits with multiple short sprints, designed to maximise your cardio fitness in the most effective, efficient session ever.

BOOTIE BURNER WITH ABS

Class Type: Resistance Training

Class Duration: 45 mins

A group session full of resistance training which will get your heart rate up. Full body high-intensity workout using resistance bands and body weight. Expect a 45-minute burn targeting glutes & abs. Classes have a maximum of 8 people, ensuring you get one-on-one assistance from your trainer to help you achieve your goals.

FAST CARDIO

Class Type: Interval Training

Class Duration: 30 mins

This 30 minute treadmill class involves short bursts of high-intensity sprints with brief periods of rest or lower intensity activity. It's designed to improve cardiovascular fitness, endurance, and burn calories efficiently. This class will allow you to push yourself to your max effort which will lead to a highly effective and energizing session