



REFORMER PILATES



BEGINNER CLASSES *Essentials*

For those who are new to Pilates and focuses entirely on developing integrity and resistance through all movements. There is a large emphasis on control and precision but enough of a workout to get your endorphins flowing. The reformers pre-tensioned, weighted springs provide continual feedback to the body so you can focus on mastering excellent technique and movement patterns. Suitable for those recovering from injury.

INTERMEDIATE CLASSES *Progress*

Build on the foundations learnt in Essentials. You'll move through a more challenging series of exercises that incorporate the functional movement patterns to strengthen, tone, firm and balance your body, improve posture and prevent injury. Not suitable for beginners to Reformer Pilates, those with injuries or during pregnancy without pre-approval by a Pilates Instructor.

PRIVATE *1 on 1*

A more personalised workout designed to help you achieve your personal goals through encouraging coaching and supervision from a Pilates-trained physiotherapist.

Classes are held at 7 Windsor Street, Invercargill

Phone 03 217 4983

windsorphysio.co.nz

REFORMER PILATES PRICE LIST

Initial Intro Session

ATTENDING AN INITIAL INTRO SESSION IS COMPULSORY PRIOR TO ATTENDING OUR REFORMER CLASSES

Short Intro - \$35

OR

Standard Intro - \$75 or \$40 with an ACC Claim*

Our 20 minute Short Intro Session is for those who have no current or longstanding injuries/issues affecting your day to day living or movement.

One of our Pilates-trained physiotherapists will lead you through a brief health check & orientation to the reformer machine so that you are ready to hit the classes running!

Our 40 minute comprehensive Standard Intro Session is for those who are currently injured or have a prior injury/issue which impacts your day to day living or movement.

One of our Pilates-trained physiotherapists will lead you through a health check, brief fitness screen, full Pilates assessment & orientation to the reformer machine (if appropriate).

**To be eligible for this rate, you must have an ACC claim which we are currently treating you for.*

Contact Windsor Physio to book your Initial Intro Session by calling 03 217 4983

Class Pricing & Timetable

Casual Class - \$44

10x Class Package - \$390

5x Class Package - \$200

20x Class Package - \$760

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11.30AM-12.30PM <i>beginner</i>	11.30AM-12.30PM <i>beginner</i>	11.30AM-12.30PM <i>intermediate</i>	11.30AM-12.30PM <i>beginner</i>	6.30AM-7.30AM <i>intermediate</i>
5.30PM-6.30PM <i>intermediate</i>	4.00PM-5.00PM <i>beginner</i>		4.00PM-5.00PM <i>intermediate</i>	

Our Reformer Pilates class bookings are done via the Gymcatch App

Search your app store to download Gymcatch then:

1. Register, search for Windsor Physio & follow us
2. Click on Available Packages to purchase a package
3. Click on the Calendar to book your classes!

Private Sessions

1:1 Private Reformer Session..... 40min \$110 60min \$165

1:1 Private Reformer Package 40mins3x \$310 4x \$420 5x \$500

Contact Windsor Physio to book your Private Sessions by calling 03 217 4983