

Mudgee Pilates Studio and Fitness Class Timetable

Term 1: 29 January 2018 – 6 April 2018

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Fitness	Pilates Studio	Fitness	Pilates Studio	Fitness	Pilates Studio	Fitness	Pilates Studio	Fitness	Pilates Studio
6:00am	Bootcamp (Greg)				Bootcamp (Greg)		Pilates Mat (Alison) \$10 pp no claim	Pilates Studio (Bec) \$20pp no claim	Bootcamp (Greg)	
7:00am				Pilates Studio (Greg) \$20pp no claim				Pilates Studio (Bec) \$20pp no claim		
8:00am				Pilates Studio (Jane)						
8:15am								Pilates Studio (Bec) \$20pp no claim		
8:30am										Pilates Studio (Bec) \$20pp no claim
9:00am				Pilates Studio (Jane)						
9:15am			KW Fitness (Greg)				KW Fitness (Greg)	Pilates Studio (Mel/Liz)	Cardio Fit (Greg)	
9:30am	Strength (Anna)				Pilates Mat (Alison) \$10pp no claim	Cardio Fit (Greg)			Strength (Anna)	Pilates Studio (Bec) \$20pp no claim
10:15am								Pilates Studio (Belinda)		
10:30am										Pilates Studio (Bec) \$20pp no claim
11:00am	Cardio Fit (Greg)									
11:30am									Boxercise (Greg)	
4:00pm	Young Minds Teens Yoga (Suava) Starts 12/02/2018		Young Minds Yoga (9-12 yrs) (Suava)			Pilates Studio (Belinda)	Young Minds Yoga (5-8yrs) (Suava)			
4:15pm		Pilates Studio (Belinda)								
5:00pm										
5:15pm	Pilates Mat (Kim)	Pilates Studio (Belinda)		Pilates Studio (Belinda)		Pilates Studio (Mel/Kim)		Pilates Studio (Kim)		Pilates Studio (Greg) \$20pp no claim
6:15pm	Cardio Fit (Greg)	Pilates Studio (Belinda)	Boxercise (Greg)	Pilates Studio (Belinda)	Boxercise (Greg)					
7:15pm				Pilates Studio (Greg) \$20pp no claim		Pilates Studio (Greg) \$20pp no claim				

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Description of Classes

Bootcamp: An innovative class using a variety of equipment. Great for those wanting to improve their cardio fitness and strength. Term 1 Bootcamp will commence Monday 29th January 2018 and run for 10 weeks, \$5/session. Monday, Wednesday, and Friday 6-7am.

Boxercise: Boxing in pairs using pads and gloves. A full body workout and complete stress reliever.

KW Fitness: Kids Welcome Fitness. A group fitness class for Mums, Dads and carers where your children are welcome to be in the room also. The children are under their parents/carers supervision at all times.

Pilates Mat: Floor Pilates exercises focusing on core stability and strength without creating excessive bulk.

Pilates Studio: Small classes of 3-5 participants using the Pilates studio equipment. If available this session may be booked as a private or a duet. **Bookings essential.**

Strength: A low impact mat style class that uses free weights and your body weight to strengthen and tone.

Young Minds Yoga: Age appropriate yoga classes educating children and teens through yoga moves, fun and meditation. Our 9-12yrs class helps children to connect to their wonderful selves, giving them the tools to develop happy minds and healthy bodies. Our teen classes focus on building mental strength, calmness, self-confidence and focus to help propel them through study and the HSC. 6 week Teens course commences 12/02/2018. Upfront payment required. **Bookings essential.**

CardioFit: A circuit style interval class to improve your cardio fitness and strength.

General Information

Duration of all classes: 60 minutes (exc Young Minds Yoga 5-8yrs which is 45 minutes)

Fitness Class Cost: For all classes (exc Bootcamp) \$13 per class, \$117 for 10 classes, \$330 Term 4 Fitness pass (family discounts available), Moolarben Fitness Pass accepted, a non-attendance fee may apply. Young Minds Yoga 5-8yrs and 9-12yrs are \$13 per class (\$117 for 10 class pack) Young Minds Teens Yoga 13-18yrs \$80 for 6 week course paid in advance. Bootcamp is \$5 per session from.

Pilates Studio Cost: For Physiotherapist lead classes \$27pp/class, \$40pp /duet, \$90 private. For Pilates and Fitness Instructor lead classes \$20pp/class, \$33 pp/duet, \$60 private.

For physiotherapist lead classes a \$20 cancellation fee applies for all cancellations made with less than four (4) hours notice and the full fee applies for non-attendance. For Pilates and Fitness Instructor lead classes a \$15 cancellation fee applies for all cancellations made with less than four (4) hours notice and the full fee applies for non-attendance.

Health Fund Rebates: Immediate health fund claiming using HICAPS can only be made for classes lead by a physiotherapist. Other health fund rebates may be available through your health fund eg, Pilates programmes, gym memberships and healthy lifestyle type programmes. Please refer to your specific health fund to see what you may be entitled to.

Contact: Phone: 6372 6907. Email: info@countryphysio.com.au. Shop 2, 160 Church St Mudgee.

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