



## Timetable—Adelaide

May 2011

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Level 1, 157 Frome St., Adelaide

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Opening Hours Adelaide **Class Times Only**

For all bookings and enquiries contact 0406 731 447  
Also see our Magill timetable for our full range of Pilates Equipment & Mat programs

ADELAIDE—ROOM 1—GROUP - bookings essential & cancellation policy applies					
Mon	Tue	Wed	Thu	Fri	Sat
<b>FAT BURNING CLASSES</b> ▼	7:00-8:00am Pilates Mat Intermediate	<b>FAT BURNING CLASSES</b> ▼	7:00-8:00am Pilates Mat Intermediate		<b>FAT BURNING CLASSES</b> ▼
9:00am Gravity Group Intermediate		Coming soon Pilates on Gravity			9:30am Gravity Strength Total body
	12:15-1:00pm Pilates Mat Corporate		12:05-12:50pm Pilates Mat Introductory	Coming soon Pilates on Gravity	10:10am Pilates Mat Intermediate
5:00pm Gravity Intro Beginners	1:05-1:50pm Pilates Mat Intermediate	5:00pm Gravity Intro Beginners	1:05-1:50pm Pilates Mat Intermediate		11:30am Pilates Mat Pre-Natal
5.15pm Gravity Mix Intermediate	5:30pm-6:20pm Pilates Mat Intermediate	5.15pm Gravity Mix Intermediate	5:30pm-6:20pm Pilates Mat Introductory		
6.00pm Gravity Group Strength/Cardio	6:30pm-7:20pm Pilates Mat Intermediate	6.00pm Gravity Group Strength/Cardio	6:30pm-7:20pm Pilates Mat Intermediate		
Coming soon Pilates on Gravity		Coming soon Pilates on Gravity	7:30pm-8:20pm Post Natal Pilates		

**All Sessions are by appointment only**

Our Adelaide Studio has a specific focus on Group Personal Training with our unique Gravity Group Strength Machines.

For our Pilates Equipment and Reformer programs, see our separate [Magill Studio Timetable](#).

### What are Gravity Group Strength Classes?

Gravity Group Strength is a **30 minute workout** aimed at getting results fast! It is unique to InsideOut Health Studio with no more than 8 participants per class, per Trainer.

Work every muscle in the body with Gravity's functional movement and Core Exercises that will improve muscle strength, muscle tone, fitness and flexibility.

Gravity is direct from the U.S.A. and has been thoroughly researched and tested with proven results **and is the fastest way in the universe to get in shape and improve fat burning!**

**Book now and try an Introductory session today.**

## TIMETABLE DESCRIPTION - Gravity Group Classes—Effective January 2011

### Gravity Intro - (Beginners Introductory Session)

Essential for all new clients to InsideOut and Gravity. These sessions will provide you with an overview of our Gravity Machines and how to use them safely and correctly prior to entering our classes. We will also take you through some of the exercises involved in a class situation.

### Gravity Mix

A challenging total body workout consisting of Gravity Machines, weights, bands and Apparatus. Improve muscle tone, definition and fitness.

### Gravity Strength/Cardio

More of a Cardio focus to improve cardiovascular fitness and fat burning. This session is challenging and invigorating.

### Pilates on Gravity

This is a challenging Pilates workout taking Pilates to the next level performed on the Gravity Machine. This class will improve balance, co-ordination, core strength and flexibility. It is a great way to add the next dimension to Pilates.

*We also offer Private and Semi Private tailored programs booked at your convenience. Call to enquire and trial a session.*

*For our full range of Pilates Equipment and Reformer Programs, see our separate timetable for Magill.*

## Pilates Group Mat Classes Description—Effective January 2011

**Clients new to Pilates** we recommend you attend a one off 30 minute Introductory private session, where we go through injuries and postural concerns, Pilates breathing, core muscle activation and Pelvic floor activation.

**Pilates Intro classes** consolidate the breathing concepts learnt in the Introductory Private Session and introduce the different types of small apparatus used such as the chi ball, theraband, magic circle, swiss ball and bolster.

**Pilates Intermediate** is a challenging Pilates class which ensures your body is stretched, toned and worked out. These classes aim to encourage good posture and sound biomechanics which helps relieve sore necks, shoulders and backs.

**Pilates Advanced** is the next level in Pilates, working towards being able to perform the Joseph Pilates Traditional exercises. It is a challenging workout for all.

**Pre-Natal** is for Mums returning your body to its pre-baby stage. Working on returning your pelvic floor and increasing core strength. Put baby to bed and come and workout.