



Timetable—MAGILL

May 2011

www.insideouthealth.com.au - 433 Magill Road, St Morris

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Opening Hours

Monday & Wednesday:	7.00am – 9.00pm
Tuesday & Thursday:	8.00am – 8.00pm
Friday & Saturday:	8.00am – 12.00pm
Sunday:	Closed

MAGILL

MAGILL—ROOM 1—GROUP - bookings essential & cancellation policy applies					
Mon	Tue	Wed	Thu	Fri	Sat
				7:00am Pilates Reformer Intermediate	
9:00am—NEW Pilates Mat Intro/Beginners					
10.00am Pilates Reformer Intermediate					1030am Pilates Reformer Intermediate/Adv
				2:30pm Cardio Class	
6.00pm Pilates Mat Intro/Beginners	7:00pm Pilates Reformer Beg/Intermediate	6.00pm Pilates Reformer Intermediate			
7.00pm Pilates Mat/Apparatus Intermediate		7.00pm Pilates MR Mix Intermediate			
8.00pm Pilates Reformer Intermediate					

All Sessions are by appointment only

MAGILL—ROOM 2—SEMI - bookings essential & cancellation policy applies					
Mon	Tue	Wed	Thu	Fri	Sat
9:00am Pilates MR Mix Intermediate	7:00am Semi Private Pilates Equipment	9:00am Semi Private & Mat	7:00am Semi Private Pilates Equipment	8:00am Semi Private Pilates Equipment	
		10:00am Pilates MR Mix		9:00am Pilates Circuit Equipment	
12.00 noon Semi Private Pilates Equipment					
6.00pm Pilates MR Mix Intermediate		Starting May Pilates Circuit BOOK NOW	6.00pm Pilates MR Mix Intermediate		
7.00pm Semi Private Pilates Equipment	7.00pm Semi Private Pilates Equipment	Starting May Pilates Circuit BOOK NOW	7:00pm Semi Private Pilates Equipment		

TIMETABLE DESCRIPTION - effective September 2010

Pilates is for all ages from 11 to 90 and is great for everyone with little or no exercise experience with a focus on re-conditioning your body from the inside out, toning your inner core and stabilizer muscles (the muscles that run through the trunk to your pelvic floor). Pilates is great for firming abdominals, shoulders, upper back and waist, further improving your posture and overall muscle strength and tone. It also relieves tension, prevents injuries and provides oxygen to the whole body further improving circulation and stimulation.

PMI - Pilates Mat Intro - Essential for all new clients to InsideOut and Pilates before moving onto equipment based programs.

PA - Pilates Apparatus - A blend of traditional mat exercises utilizing resistance bands, fitballs, weights, foam rollers and magic circles. This is a challenging total body workout that improves core strength, stability and balance including overall muscle tone.

PR - Pilates Reformer - A workout using the Allegro Reformer Bed with spring loaded resistance utilizing cables and straps. This is a challenging abdominal, arm and leg workout developing strong lean muscles.

PC - Pilates Circuit - A workout utilizing Pilates machines such as the Wunda Chair, Trapeze Table and Reformer, together with weights, bands and fitballs. Spice it up, these sessions are interesting and challenging.

PMR - Pilates Mix (Mat & Reformer) - A blend of Pilates Mat and Reformer exercises. This session is excellent for clients progressing into the next level and not quite ready for a full Reformer class.

PSP - Private & Semi Private Pilates - Gain an edge to your training and see results within 6 weeks. These sessions are tailored to what you want and are educational, informative and the complete package delivering noticeable changes to your body using Reformer, Trap Table, Wunda Chair etc. Sessions are booked at your convenience.

Private, Duo & Group Personal Training - Looking for weight loss, or to improve fitness, muscle strength and tone? Then Personal Training is for you! Let us tailor the best program to suit your personal health and fitness goals, incorporating diet and exercise. See results within 6-12 weeks. Sessions include a variety of styles tailored to you including, boxing, Gravity Machines & Pilates.

Gravity Group Strength - A fat-busting strength training class that keeps your heart pumping. Gravity is a cable operated machine that delivers a total body workout with functional exercises designed to improve muscle tone, strength and fitness. This program is unique to InsideOut Health Studio. See our Adelaide Studio timetable. Classes hold 6-8 participants and designed with all fitness levels in mind with a big emphasis on FUN AND RESULTS!

Vital Core Physiotherapy Classes - These sessions are run by a Physiotherapist. All clients require an assessment by a Physiotherapist prior to entry into any session. See separate timetable.