

# Class Timetable Winter 2020

June 2020

Call us to book in and secure your spot!

\*Denotes classes that a run during term time

PHYSIYOGA  
extend yourself



8B Rankine St  
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- Mattwork Pilates
- Yoga
- Equipment Pilates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:15am</b>	<b>Vinyasa Flow Yoga</b>	<b>Pilates Mat</b>		<b>Vinyasa Flow</b>		<b>Mat Pilates</b>
<b>7:00am</b>	6:15 – 7:15am	7:00-7:45am		6:15am -7:15am		8-8:45am
<b>8:00am</b>	<b>Bauke</b>	<b>Catherine</b>		<b>Bauke</b>		<b>Rosie</b>
<b>9:00</b>	<b>Group Physio</b>	<b>Group Physio</b>		<b>Mat Pilates</b>	<b>Mat Pilates</b>	<b>Awakening Yoga</b>
	9:00-9:45am	9:00-9:45am		9:00am -9:45am	9:00-9:45am	9:00-10:00am
	<b>Penny</b>	<b>Catherine</b>		<b>Group Physio</b>	<b>Catherine</b>	<b>Emily</b>
				<b>9:00am -9:45am</b>		
<b>9:30am</b>			<b>Group Physio</b>	<b>Group Physio</b>		
			9:30-10:15am	9:45-10:30am - <b>Emily</b>		
			<b>Penny</b>			
<b>10:15am</b>			<b>Group Physio</b>		<b>Group Physio</b>	
<b>11:15am</b>			10:15-11am		10:15-11:00am	
			<b>Penny</b>		<b>Catherine</b>	
<b>11:15am</b>					<b>Group Physio</b>	
					11.15am – 11:45am	
<b>12:15pm</b>					<b>Catherine</b>	
<b>1:00pm</b>	<b>Group Physio</b>		<b>Group Physio</b>	<b>Group Physio</b>	<b>Group Physio</b>	
	2:00-2:45pm		2:00-2:45pm	2.00 – 2.45pm	1:00pm – 1:45pm	
<b>2:00pm</b>	<b>Chris</b>		<b>Jayne</b>	<b>Chris</b>	<b>Jayne</b>	
<b>4:15</b>		<b>Mat Pilates</b>	<b>Mat Pilates</b>	<b>Group Physio</b>		
<b>5:15</b>		5:15-6pm	5:15pm-6pm	4:15-5:00pm		
		<b>Rosie</b>	<b>Jayne</b>	<b>Chris</b>		
<b>6ish</b>	<b>Awakening Yoga</b>	<b>Vinyasa Flow</b>	<b>Vinyasa Flow</b>	<b>Awakening Yoga</b>		
	6:15-7:15pm	6:15-7:15 pm	6.15pm–7:15pm	6:15-7:15pm		
	<b>Bauke</b>	<b>Bauke</b>	<b>Emily</b>	<b>Emily</b>		
<b>7pm</b>	<b>Yin Yoga</b>			<b>Meditation</b>		
	7.30 – 8.30pm			7:30pm		
	<b>Bauke</b>			<b>Marnie</b>		

# Class Information

Updated: Wednesday, 13<sup>th</sup> March 2019

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## Pilates / Group Physio

### Group Physio

Your Physiotherapist will develop your own individual program in a 1:1 appointment, targeting your goals and needs; Maybe you want to improve your flexibility? Recover from injury? Or get in shape! This class could be your answer.

### Mat Pilates

Feel the burn in this fun dynamic circuit class. Each week a different program to help you build strength, tone and get your heart rate up. With a program that changes weekly exercises focus on strength, balance, tone and core strength. If you have areas of soreness or previous injury you are in

good hands as all classes are run by our experienced Physiotherapists (Jayne, Catherine) or Exercise Physiologist (Rosie)

### Post Natal Group Physio *(Children Welcome)*

Reconnect with your body and use this mindful movement practice to get yourself moving and feeling well in a safe environment. Whether you are trying to strengthen an area of soreness or support.

## Yoga

### Vinyasa Flow

Vinyasa yoga is like many yoga styles, a powerful tool for body, mind and soul. This style is strong with short holds we breathe through the asanas (poses) in motion, flowing from one post to the next with your breath. By the end of this class you will be still in the mind. Realising the time didn't exist for a moment.

### Yin Yoga

After a long day your body asks you to be gentle with it and relax. Feel the benefit from long held poses. During yin we use as little effort as we can - so we can soften our muscles and access the deeper layers of our body. Yin has nothing to do with how flexible you are. It is about listening to your body and using courage to take that time in your busy life to be still and to let go.

### Awakening Yoga.

Traditional yoga practice, blending mindfulness, movement and meditation. Some poses are performed individually, while others are sequenced carefully to blend together. This is a fantastic class for those who want to have a regular yoga practice - where you will improve your strength and skill over time.