

# 2022 Class Timetable

Updates: Nov 2021

Call us to secure your spot or book online

PHYSIYOGA  
extend yourself



2 Sandergrove Road

Strathalbyn 5255

P 08 8536 8558

E info@physiyogastrath.com.au

W www.physiyogastrath.com.au

MAT STUDIO						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
6:00am / 6:15am						
7:00am						
8:00am					Mat Pilates 8:00 – 8:45 Jayne	Mat Pilates 8:00 - 8:45 Catherine
9:00am						
10:00am	Healthy Bones 10:00 – 10:45 Jayne					
11:00am	Gentle Yoga 11:15am -12:15pm Marnie		Gentle Yoga 11:30 – 12:30 Marnie	Mat Pilates 10-10:45am Jayne		
Afternoon Classes						
4:30pm			Mat Pilates 4:30 -5:15 Jayne			
5:15pm	Mat Pilates 5:15 – 6:00 Emily H	Mat Pilates 5:15 - 6:00 Brooke		Awakening Yoga 5:00- 6:00 Aleyce		
6:15pm		Gentle Yoga 6:15 - 7:15 Marnie	Online Pilates Mat 6:15 - 7:00 Brooke	Mat Pilates 6:15pm -7:00pm Rosie	Awakening Yoga 6:15-7:15pm Aleyce	Online Pilates Mat 6:15 - 7:00 Brooke
7:30pm		Meditation 7:30 – 8:15 Marnie	Blokes Mat Pilates 4:30 -5:15 Rosie			

Please see overleaf for Reformer Studio classes

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## REFORMER STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
7:00am		Advanced Reformer 7:00 - 7:45 Catherine		Advanced Reformer 7:00am-7:45 Catherine		Circuit Pilates 7:00am - 7:45 Catherine
8:00am						Group Physiotherapy 8:00am – 8:45 Tom
9:00am	Pilates Reformer 9:00 - 9:45 Penny	Group Physiotherapy 9:00-9:45 Catherine	Group Physiotherapy 9:00– 9:45 Penny	Group Physiotherapy 9:00-9:45 Jayne	Circuit Pilates 9:00 - 9:45 Parent Friendly	Pilates Reformer 9:00 - 9:45 Catherine
10:00am		Pilates Reformer 10:00 - 10:45 Parent Friendly		Group Physiotherapy 10:00-10:45 Catherine	Group Physiotherapy 10:00 – 10:45 Catherine	Pilates Reformer 10:00 - 10:45 Catherine
11:00am					Pilates Reformer 11:00 - 11:45 Catherine	
Afternoon Classes						
1:00pm	Group Physiotherapy 1:45pm-2:15pm Emily H	Group Physiotherapy 2:00pm- 2:45pm Catherine			Group Physiotherapy 1:00 - 1:45 Tom	
2:00pm				Group Physiotherapy 2:00 - 2:45 Jayne		
3:00pm			Pilates Reformer 3.30 - 4:15 Jayne			
4:00pm	Pilates Reformer 4:15 - 5:00 Emily H	Pilates Reformer 4:15 - 5:00 Brooke				
5:15pm			Pilates Reformer 5:15 - 6:00 Jayne			
6:15pm						
7:30pm						

## YOGA STYLES

### Beginner/Gentle Yoga

Start or continue your yoga journey in this nurturing environment. We cover the basics and hold space for you to find some peace and stillness for your mind.

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## 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.

## Vinyasa Flow

Vinyasa yoga is a powerful tool for body, mind and soul. We breathe through the asanas (poses) in motion with short holds. The flowing nature from one post to the next creates heat and work in the body. By the end of this class you will be still in the mind and stronger in your body.

## 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.

## Mysore Style

Your teacher will guide you through the creation of your own personal yoga practice.

## Meditation

Each week we explore different meditations - to help release long held tension and stress. Connect to your inner truth and let go of what you have been hanging on to. Feel you can't meditate? That's perfect this class is for everyone

## PILATES CLASSES

### 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.

### Pilates Circuit

Ready to up your fitness, or add a class to your week? Join this dynamic class that will put you through your paces. This circuit class will keep you on your toes – using a range of Pilates equipment including the reformers.

### Independent Pilates

Up and running with your Pilates program and want to come in and work out alone? Independent Pilates gives you a chance to work through your program, and includes a check-in with the Physiotherapist for program updates every 10 weeks.

## PHYSIOTHERAPY CLASSES

### Group Physiotherapy

Small group reformer classes where you will work through your own detailed program under the guide of your Physiotherapist. Your tailored program can help you rehab injury, build and maintain strength, stability and get you moving and feeling your best. Speak to us about the Quickstart Program to fast track you into a class.

(Rebates available through private health Item Number 560)

### Healthy Bones/Healthy Movement

Strength, balance and mobility group class to improve skeletal health and reducing falls risk. Activity to improve blood glucose tolerance, reduce weight and improve physical function.

*You are in great hands if you are Pre/Post Natal / Recovering from Injury (please let your instructor know)*

*Our classes are run by Physiotherapists, Exercise Physiologists or trained Pilates or Yoga Teachers.*