

energize&recharge

pricelist

effective from 1st July

	Casual Session	10 Session Pass	Expiration
MAT SESSIONS	\$20.00	\$180.00	14 Weeks

REFORMER SESSIONS	\$30.00	\$250.00	10 Weeks
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STUDIO SESSIONS			
1:1 PRIVATE SESSION	\$75.00	\$700.00	12 Weeks
1:2 DUET SESSION	\$57.00	\$520.00	12 Weeks
1:4 GROUP SESSION	\$40.00	\$365.00	12 Weeks

COMBO PACKS	Description	Price	Expiration
COMBO 5	5 MAT + 5 REFORMER	\$215.00	12 Weeks
COMBO 10	10 MAT + 10 REFORMER	\$415.00	24 Weeks
STUDIO COMBO	1x Group Studio + 1x Reformer + 2x Mat <u>per week</u>	\$290.33 per month**	3 month contract
PRIVATE COMBO	1x Private Studio + 1x Reformer + 2x Mat <u>per week</u>	\$442.00 per month**	3 month contract
REFORMER COMBO	1x Reformer + 3x Mat <u>per week</u>	\$225.33 per month**	3 month contract
JUST MAT	4x Mat <u>per week</u>	\$156.00 per month**	3 month contract

*** applies to packages that have an automated monthly direct debit requirement and a 3 month contract applies.*



energize&recharge
pilates • massage
www.energizerecharge.com.au

91 Brighton Road
ELWOOD VIC 3184
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energize&recharge
class timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Reformer					
8:45am						Reformer
9:00am						Inter MAT
10:00am	Reformer		Reformer		Reformer	Beg/Inter MAT
11:00am						INTER. Reformer
6:00pm				Reformer		
6:15pm	Beg/Inter MAT		Beg/Inter MAT			
7:00pm		Inter. MAT				
7:15pm	Reformer		Reformer			

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CLASS RANGE
DESCRIPTION

BEGINNER COURSES

For those with no background in Pilates or restarting after a break. 6 week course for \$95 (1 class per week). Pre-bookings are required.

MAT CLASSES

For those with basic understanding of principles and techniques. Some prior Mat Pilates experience would be an advantage. A typical mat class will involve movements practiced with control concentration, precision and flow. Mat work forms the building blocks and foundations of all other Pilates work. We emphasize core stabilization which is essential in giving support to the joints and forms the basis of your strength, as well as back care.

REFORMER ALLEGRO PILATES

If you have tried Mat Pilates classes and want to get that step further in Pilates, then this is the next level. You will progress from a beginner to advanced repertoire through a series of classes. The use of the reformer will help you establish increased abdominal stability and postural alignment by working the limbs through an effective range of motion using a progressively higher resistance. The reformer will help lengthen and strengthen muscles rather than build bulk and achieves a low impact and toning workout.

These classes apply the Pilates principles and are more fitness based.

You can enter the Reformer classes anytime, but you will need to attend a safety session, which is a 1:1 private consultation, to allow instructor to teach safe set-up, how to use spring tensions and the overall use of the allegro reformer bed. Equipment used Allegro Beds, Rings and Foam Rollers.

STUDIO PILATES

This involves a one-hour initial consultation, which involves a physical assessment and discussion of your personal needs and goals and then a program will be planned for you. The instructors will then explain the main principals of the Pilates method, such as 'neutral spine', breathing and abdominal/pelvic floor engagement. You will be taken through some very gentle exercises to give you a further understanding of these principles. You will not work very hard in the first session, as it is our opportunity to assess your response to Pilates and for you to learn the 'basics'. This creates a foundation for every Pilate's exercise you will ever perform.

Following your initial consultation you can either continue with **one-on-one (1:1)**, **duet (1:2)** or **Studio Private Pilates (1:4)**.

IF YOU PURCHASE A 10 BLOCK STUDIO SESSION, YOU RECEIVE AN INITIAL CONSULTATION FOR FREE