

Studio Menu

January 2011

Explore the Pilates Method & GYROTONIC® in our spacious, fully-equipped facility. You'll receive the highest degree of supervision in our profession, ensuring safety, attention & best results.

- **Semi Private Intro** (2) Private + (3) Semi-Private Sessions. Learn Floor & Equipment repertoire. Initial Assessment incl'd **\$280**
- **On-Going Studio Sessions** Supervised with full studio.
 - Private** **\$90**
10x @ \$745
 - Master Session** Neil Nabbefeld, Owner **\$110**
5x @ \$525
 - Duets** 2 persons per instructor **\$55**
5x @ \$264
 - Semi-Private** Up to 4 persons per instructor **\$38**
10x @ \$325
 - 1 Month Membership** (up to 2x/week; 9 sessions) **\$230**
 - 1 Month Membership** (up to 3x/week; 13 sessions) **\$330**
- **Floor Classes** Guided group with no equipment. Wide variety (see Floor Menu & Schedule). Up to 14 persons.
 - 6-Week Beginner Pilates Course** (1x/week) **\$105**
 - Open Class** **\$20**
10x @ \$165
 - Trial Offer** Any applicable Floor Classes **3x @ \$50**
- **Specialty Classes** Guided group using our unique equipment & floor repertoire. Up to 8 persons. **\$25**
10x @ \$225
- **Specialty Intro** 30^{min} Private Assess + 5x Classes **\$160**

Hours ... Mon-Thurs 6am to 8pm, Fri 6am to 1pm
Saturdays 8am to 1pm

Prices include GST & subject to change.
All purchases subject to 3-month expiration.
Concession Rates for qualifying persons.



revolution
pilates | GYROTONIC®

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Class Schedule & Menu January 2011

Morning						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7am BOOTYCAMP		6-7am BOOTYCAMP	6-7am DynamiCORE	8-9am BOOTYCAMP
	9.30-10.30 PILATES INTERMED		9-10am SPECIALTY SPRING•IT		9-10am SPECIALTY SPRING•IT	9.30-10.30 PILATES INTERMED
		10.30-11.30 COURSE fitBABES	10-11am SPECIALTY COMBO	10-11am GYROKINESIS®	10.30-11.30 SPECIALTY PREGNANCY PILATES	10.30-11.30 PILATES INTERMED
						11.30-12.30 COURSE PILATES Beginner
Evening						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7pm GYROKINESIS®		6-7pm GYROKINESIS®			
	7-8pm COURSE PILATES Beginner	6.30-7.30 PILATES X	7-8pm PILATES INTERMED	6.30-7.30 PILATES X		

Pilates Beginner 6-Wk Course

6-Week course designed to acquaint you with the principles & repertoire of the Method & prepare you for our more advanced Open Pilates classes.

Pilates Intermediate

Our unique approach to traditional Pilates & contemporary choreography.

Pilates X Advanced Pilates workout... 'nuf said!

DynamiCORE Originally designed for Challenge Stadium Tri Club.

Improve performance with dynamic stability challenges & abdominal strengthening.

BOOTYCAMP ½ hr Outdoor Cardio + ½ hr Pilates-based Floor at studio.

Experience the most time-efficient, fun & body-changing workout around!

COMBO Pilates Circuit

Improve your fitness & shape with intense Pilates Floor & Equipment class.

SPRING•IT® Pilates SpringRail Class

Flex, spiral, jump, balance with Pilates spring resistance. Utilises our custom-designed SpringRails. Experience a Revolution exclusive. See Front Desk for current schedule.

Pregnancy Pilates

Designed for the woman looking to stay fit & strong in safety during her pregnancy.

fitBABES 6-Wk Course

Enjoy an hour of exercise with your new babe. 1^{hr} Pilates-based Floor & Equipment class designed for the 1-9 month old baby & mum.

GYROKINESIS® Yoga for Dancers

Incorporates key principles from Kundalini yoga, ballet, swimming, gymnastics, acupressure & Tai Chi. Get your muscles moving, stimulate organs, & circulate your blood.