

# Studio Menu

August 2014

Explore the Pilates Method & GYROTONIC® in our spacious facility. We offer **Studio Sessions** (high supervision + equipment) & **Group Floor Classes**. You'll receive the highest degree of supervision in our profession, ensuring safety, personalised attention & best results.

## FIVE WAYS TO GET STARTED

### STUDIO SESSIONS

Learn Floor & Equipment movement. For fitness or rehab

#### 1 STUDIO FOUNDATIONS

The economical, fast way to join our Semi-Private Sessions.

2 weeks, 2x/week. Up to 4 persons..... \$170

*Not suitable for those with conditions requiring special attention.*

#### 2 STUDIO INTRO

Suitable for those with more risky conditions or who want

more initial supervision. 2x Privates..... \$180

### fitBABES SESSIONS

For Pre/Post Natal Mum & babe (1-9 mo). Tues's & Fri's 9-12pm

#### 3 fitBABES INTRO

30-min Assess. + 5x Semi Private ..... \$207

### GROUP FLOOR CLASS

Guided groups with & without equipment. Up to 14 persons

#### 4 PILATES MAT BEGINNER COURSE

Designed for newbies to Pilates. 6 weeks, 1x/week ..... \$120

#### 5 TRIAL OFFER Any 3 Group Floor Classes ..... \$60

## ON-GOING MEMBERSHIP OPTIONS

Affordable on-going Studio Sessions & Group Class rates, including fantastic Monthly Memberships with Direct Debit.

Call or visit to discover the best option for your needs.



419 Oxford St Mt Hawthorn  
08 9443 1403

Mon-Thurs, 6am - 8pm, Fri 6am - 12pm  
Saturdays 8am - 1pm

Book or browse online at [revolutionpilates.com](http://revolutionpilates.com)

Members Australian Pilates Method Association (APMA)  
GYROTONIC® & GYROKINESIS® are registered trademarks of Gyrotonic Sales, Inc.  
Prices include GST & subject to change. Concession Rates for qualifying persons. Purchases subject to min 1 mo. expiration.

# Class Menu

August 2014

Morning						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7am CARDIO PILATES <b>BOOTYCAMF</b>		6-7am CARDIO PILATES <b>BOOTYCAMF</b>	6-7am SPORT PILATES <b>DynamiCORE</b>	8-9am CARDIO PILATES <b>BOOTYCAMF</b>
						8-9am 6 WK COURSE <b>PILATES Beginner</b>
	9-10am PILATES MAT <b>OPEN</b>		9-10am EQUIP PILATES <b>SPRING-IT</b>		9-10am EQUIP PILATES <b>SPRING-IT</b>	9.30-10.30am PILATES MAT <b>OPEN</b>
				10-11am YOGA <b>GYROKINESIS®</b>		10.30-11.30am PILATES MAT <b>OPEN</b>
						11.30-1pm YOGA <b>GYROKINESIS® Special Format</b>
Evening						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7pm YOGA <b>GYROKINESIS®</b>	6-7pm EQUIP <b>SPRING-IT</b>	6-7pm PILATES MAT <b>OPEN</b>	6-7pm EQUIP <b>SPRING-IT</b>		
	7-8pm 6 WK COURSE <b>PILATES Beginner</b>		7-8pm EQUIP <b>SPRING-IT</b>			

## Pilates Mat Beginner Course

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

### EXPERIENCE REQUIRED

## Pilates Mat Open

Our unique approach to traditional Pilates & contemporary choreography.

### NO EXPERIENCE REQUIRED

## SPRING•IT® Pilates Springboard Class

Flex, spiral, jump, balance with Pilates spring resistance. Utilises our custom-designed Springboards. Experience a Revolution exclusive.

**DynamiCORE** Originally designed for Challenge Stadium Triathlete Club. Improve performance with dynamic stability challenges & abdominal strengthening.

**BOOTYCAMF** ½ hr Outdoor Cardio + ½ hr Pilates-based Floor at studio. Experience the most time-efficient, fun & body-changing workout around.

**GYROKINESIS® 'Yoga in Motion'** Incorporates key principles from Kundalini yoga, ballet, swimming, gymnastics, acupressure & Tai Chi. Get your muscles moving, stimulate organs, & circulate your blood.

**Schedule subject to change. Contact studio at 9443 1403 or visit website for current schedule & to book classes.**