

Peak Pilates Classes

All Peak Pilates group classes are progressive and cater to mixed levels of ability. Our classes are kept small to ensure all participants get the most out of each session. To ensure you learn the Pilates fundamentals and get the most benefit from group sessions, we require participants to complete an Introductory One-on-One session before taking part in any group class.

- Classes are small, so please **BOOK EARLY** to avoid disappointment.
- We ask all visitors to turn their mobile phones off prior to entering our studios.
- All prices are GST inclusive.

Your Introductory Pilates Class (One-on-One)

To enrol in Peak Pilates classes you must first attend a One-on-One Introductory Peak Pilates session.

During this session we go over terms and terminology, positioning, muscle activation, an individual postural analysis along with an orientation of our studio. This will give you a foundation to build on during subsequent lessons (either private or group). This introductory session is also an opportunity to discuss what you hope to achieve from the class and any health issues or injuries.

Pilates Prep - (up to 4 participants)

Exercises on mat and reformer designed to improve basic Pilates posture, strength and technique. Taught by our Physiotherapists, with the aim to progress to group classes over time. Great if your new to Pilates, or anyone rebuilding strength after injury.

Mat Class - (up to 8 participants)

Mat classes provide a full body workout utilising your own body weight and control for positioning and strength. Focus on posture, breathing, core control, balance, flexibility and strength. Classes sometimes involve additional apparatus such as swiss balls, foam roller, thera-bands or magic circle to challenge you during the class. If you have a group of 4 people create a class at a time to suit you.

Stretch Class - (up to 8 participants)

Stretch and lengthen your body, improve posture incorporating Pilates & Yoga. Walk out feeling taller and more refreshed.

Reformer Class - (up to 4 participants)

Peak Pilates have Pilates Reformer™ machines and run progressive programmes for up to four people. Reformer™ machines help assist you with posture, control and helps you feel the muscles that are meant to be working. Get a full body workout in one hour, strengthen and tone using the spring weights as resistance. If you have a group of three people, you can create your own Reformer™ class at a time that suits you.

Combo Class - (up to 4 participants)

Combo classes combine the best of Pilates methods by spending 30 minutes on the mat and 30 minutes on our Reformer™ machines. If you have a group of three people create your own class at a time that suits you.

Power Pilates Class - (up to 4 participants)

Flowing sequence of advanced Pilates moves on the Reformer™ machines to challenge your coordination, technique, stability & strength – *not for the faint hearted!*

Spinlats Class - (up to 4 participants)

Half hour interval training on the spin bikes, control your own resistance for a great high- intensity cardio workout, finish on the Reformer™ to lengthen and tone.

Private Sessions - (One-on-One)

In private sessions a Peak Pilates Instructor will work with you through a progressive, individually tailored Pilates programme incorporating a variety of apparatus to suit your individual requirements. This is ideal for mastering technique and addressing your specific goals.

Semi-private Sessions - (Two-on-One)

The semi-private class has one Peak Pilates Instructor who takes two people at a time through a progressive, individually tailored Pilates machine programme.



Peak Pilates Instructor Timetable (effective 19/03/12)

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Reception Hours: 9.30am to 5.30pm Mon to Fri.

Ph: 09 376 8343

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am	Reformer Class Rachel Basic Reformer Class Rhi/Amanda	Reformer Class Panda Mat Class Canadian Amanda	Reformer Class Canadian Amanda Basic Reformer Class Rhi	Mat Class Rachel Reformer Class Panda	Reformer Class Rachel Basic Reformer Class France	
8am						Reformer Class Rhi
8.30am	Reformer Class Rachel	Advanced Mat Class Amanda	Reformer Class Canadian Amanda	Stretch Class France	Reformer Class Amanda	
9am		Reformer Class France				Reformer Class Rhi Mat Class Canadian Amanda
9.30am	Basic Reformer Class Alaina Mat Class Amanda	Basic Reformer Class Panda	Reformer Class Panda Mat Class Amanda	Reformer Class Panda Mat Class Amanda	Reformer Class Panda Pregnancy Pilates Class Amanda	
10am		Combo Class France		Basic Reformer Class Alaina		Reformer Class Canadian Amanda Basic Reformer Class Kirsty
10.30am		Basic Mat Class Rhi	Reformer Class Panda Pregnancy Pilates Class Amanda	Reformer Class Amanda 11am Pilates Prep Class Rhi	Mat Class Alaina Reformer Class Panda Basic Reformer Rachel	11am Mat Class Canadian Amanda
12pm	Reformer Class Alaina		Power Pilates Class Amanda	Basic Reformer Class Rhi		
5pm	Pilates Prep Class Rhi	Reformer Class Panda	Basic Reformer Class Panda	Basic Reformer Class Panda	Pregnancy Pilates Class Rhi 4.30pm Basic Reformer Class Kirsty	
5:30pm		Basic Reformer Class France			Reformer Class Canadian Amanda	
6pm	Reformer Class Panda Basic Reformer Class Kirsty Mat Class Amanda	Reformer Class Kim Mat Class Panda 6.30pm Basic Reformer Rachel	Reformer Class Rhi Basic Reformer Class France Mat Class Panda	Reformer Class Rachel Basic Reformer Class Panda		
7pm	Reformer Class Panda Basic Reformer Class Kirsty	Reformer Class Panda Mat Class Kim	Reformer Class Rhi Basic Reformer Class Panda	Mat Class Rachel Manlates Class Canadian Amanda		