

TARGET - TAILORED CLINICAL CLASS

A smaller class led by one of our Exercise Physiologists or Physiotherapists who will tailor a workout to suit your specific needs which may include a previous injury, health condition or a specific goal. Your tailored workout may include the reformer beds or gym equipment.

Capacity: 5 people

*Initial Assessment Required

CONNECT - GROUP REFORMER PILATES

Utilising spring-loaded Pilates Reformer machines these classes are a full body workout designed to help you improve your core strength, overall strength, fitness and flexibility. Suitable for anyone of any age and fitness level.

Capacity: 8 people

ENERGY - FUNCTIONAL STRENGTH & FITNESS CIRCUIT

Small group functional training classes. We utilise a variety of high end equipment including cardio equipment, weight machines, free weights, kettle bells, and much more. Higher intensity training to get you huffing and puffing. Exercise Physiologist/Scientists run to cater for all levels, injuries, conditions, aches and pains.

Capacity: 8 people

PRICING

	Single	6 Pack	12 Pack
Target	\$36	\$186	\$360
Connect	\$26	\$130	\$250
Energy	\$26	\$130	\$250

MEMBERSHIPS

CONNECT:

- \$39 per week *limit of 3 classes per week
- \$59 per week *unlimited classes per week
- \$169 per month *limit of 13 sessions per month

DO I NEED AN ASSESSMENT?

Assessments are required for entry into Target classes, although anyone who is unsure of their goals or capacity to join a class is welcome to seek an assessment to ensure their needs are met.

An Exercise Physiologist or Physiotherapist can complete a 30 minute assessment, leaving you with a clear plan for your Pilates.

Give us a call on 57822844 or visit the Kilmore Wellness Centre website to book (\$70).



Why just exist when you can... THRIVE!

Exercise with the professionals, want more details? Contact us!

CONTACT

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KW C PILATES TIMETABLE

August 2024



App Store



Google Play

Find us on the Kilmore Wellness App



WALLAN TIMETABLE

Shop 3/88 Watson Street, Wallan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am				Energy Jade		
7:00am	Connect Lisa		Target Gail	Energy Jade	Connect Brit	Connect Willow
8:00am					Connect Brit	Connect Willow
9:00am	Connect Amanda	Connect Mike	Connect Amanda		Connect Brit	Connect Willow
9:30am				Energy Jade		Connect Willow
10:00am	Target Gail					
4:00pm					Connect Willow	
5:00pm	Connect Brit	Connect Mike	Connect Amanda	Connect Lisa	Connect Willow	
6:00pm	Connect Brit	Connect Mike	Connect Amanda	Connect Lisa		
7:00pm	Connect Brit	Connect Mike		Connect Lisa		



KILMORE TIMETABLE

77A Sydney Street, Kilmore

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	Connect Amanda	Connect Mike	Connect Tiff	Connect Tiff		
7:00am	Connect Amanda	Target Gail	Connect Tiff	Connect Tiff	Target Lucy	Connect Tiff
8:00am			Connect Tiff			Connect Tiff
9:00am	Connect Lisa	Connect Brit	Connect Tiff	Connect Tiff	Connect Amanda	Connect Tiff
10:00am					Target Lucy	Connect Tiff
2:00pm		Target Gail			Target Janet	
4:00pm					Connect Lisa	
4:30pm	Connect Tiff					
5:30pm	Connect Tiff	Target Janet	Target Janet			
6:30pm	Connect Tiff	Connect Abby	Connect Tiff	Connect Willow		
7:30pm	Connect Tiff	Connect Abby	Connect Tiff	Connect Willow		