



# Gracefully Wholesome Pilates

INFORMATION PACKAGE

REFORMER PILATES MEDOWIE



0429 369 466

3/6 Muir Street Medowie 2318

[gracefullywholesome@icloud.com](mailto:gracefullywholesome@icloud.com)

[www.gracefullywholesome.com.au](http://www.gracefullywholesome.com.au)

INFORMATION PACKAGE 1

# Gracefully Wholesome Pilates

## OUR CLASSES

### REFORMER PILATES

#### 45 MINUTE CLASS

Reformer Pilates is a 45 Minute Full body workout class consisting of abdominal, Upper + Lower Body sequences as well as stretches throughout the class. Reformer Pilates is performed on a Reformer machine which is non weight bearing and provides a versatile workout for every fitness level as the springs are able to change the level of resistance to suit your body and needs. Our Reformer Pilates Class is designed for all ages, fitness and mobility levels which means it's a great class to start with.

### REFORMER BURN

#### 45 MINUTE CLASS

Reformer Pilates Burn is a more advanced and more challenging variation of our Reformer Pilates class. We recommend to try a reformer pilates class before taking a burn class to get familiar with the reformer machine and basic exercises. You're guaranteed to feel the burn in this class and feel great afterwards. Come try Reformer Pilates Burn challenge yourself with our burn sequences alongside a great bunch of people.

### REFORMER JUMP

#### 45 MINUTE CLASS

Reformer Pilates Jump Board is performed on a Reformer machine with a jump board attached near the foot bar. Jump Boarding Classes are a more intense cardio based workout with strength and flexibility components incorporated. This class is non weight bearing and involves core stability and control throughout the class, Reformer Jump Board is great for anyone who wants to improve their cardiovascular health without the impact on their joints. Jump Board is a interactive fun class which has many benefits.

We recommend trying our reformer pilates class first to familiarise yourself with the reformer.





# Gracefully Wholesome Pilates

## OUR CLASSES

### REFORMER ACTIVE STRETCH

#### 45 MINUTE CLASS

Active Reformer Stretch is a 45 minute class designed to relax the whole body and release muscle tension. Throughout this class you are actively focussing on connecting the Breath to the exercise which De-stresses and relaxes the body into the stretch and movement. This class helps reduce anxiety, stress and tension within the body. This is the perfect class for a beginner to get familiar with the reformer and a form of general exercise. We recommend adding a reformer active stretch class into your weekly routine to stretch and relax your muscles to improve recovery.

### REFORMER EXPRESS

#### 25 MINUTE CLASS

Reformer Pilates Express is a 25 minute class designed for someone with a busy life on their lunch break or on a time schedule. You're guaranteed to be in and out within 25 minutes and be feeling great and ready to continue with your busy life. This class is short and jam packed but definitely doesn't compromise on how hard you have to work. Take 25 Minutes for yourself!



BOOK ONLINE

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# Gracefully Wholesome Pilates

## OUR PRICES



### GRIP SOCKS - \$18.65

As a safety requirement grip socks are mandatory for safety and hygiene. Grip socks have non slip dots on the bottom of them which prevent you from slipping and moving on the reformer. Grip socks help stabilise you and all participants are required to wear them.

- We have many styles, Sizes and Colours available for purchase in the studio.
- All Grip socks are \$18.65
- required for all participants
- You're welcome to bring some from home as long as they are still grippy

### UNLIMITED CLASSES

**\$49.99 / WEEKLY DIRECT DEBIT**

### CASUAL CLASSES

**\$27.50 / 45 MINUTE CLASS**

**\$20.00 / 25 MINUTE CLASS**

### PACKAGES

**\$110 / 5 CLASSES    \$210 / 10 CLASSES**

**\$400 / 20 CLASSES**

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# Gracefully Wholesome Pilates

## BENEFITS OF PILATES



### PHYSICAL BENEFITS

- Improve full body overall Strength
- Improve hip, hamstring, back and overall flexibility
- Improve pelvic floor strength
- improves posture
- Decreases risk of injury
- increases mobility
- improves cardiovascular health
- Improves lower back pain
- Can aid weight loss
- Low impact on the body and is gentle on your joints
- Prevent osteoporosis
- Increase core strength

### WELLBEING BENEFITS

- Decreases Anxiety
- Lowers Stress Levels
- Improves Emotional Regulation
- Improves Mind Body Connection
- Releases tension
- Improves the co-ordination between the mind and body

### INJURY'S

- Pilates can be a great way return to exercise as it's non-weight bearing and can be adjusted to your level.
- You can still attend Reformer Pilates classes whilst pregnant with modified exercises and clearance from your GP.
- GWP always recommends consulting your doctor for clearance before starting.

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# Gracefully Wholesome Pilates

## ABOUT THE REFORMER



FOOT BAR

PLATFORM

SPRINGS

CARRIAGE

SHOULDER RESTS

HAND AND FEET STRAPS



# Gracefully Wholesome Pilates

## OUR TEAM

### OLIVIA LIGHTFOOT

#### STUDIO MANAGER AND REFORMER PILATES INSTRUCTOR

Olivia is a qualified Reformer Pilates Instructor and extremely passionate about how pilates can change your lifestyle and well-being through connecting the mind and body. Olivia has an extensive dance background training at the National College of Dance + ADA before finding her passion for pilates. Olivia loves interacting and having fun with her clients while teaching and you're sure to walk out with a smile.

Liv's Favourite GWP Class is Reformer Active Stretch.

### CHERIE GIBSON

#### ADMINISTRATION AND BUSINESS MANAGER

Cherie is GWP's amazing Business and Admin Manager. Cherie enjoys seeing the wellbeing and physical benefits of pilates. Cherie is the person to chat to for all Business and Admin enquires.

Cherie's Favourite GWP Class is Reformer Pilates

### LILY LYONS

#### REFORMER PILATES INSTRUCTOR

Lily is a Qualified Reformer Pilates Instructor and loves to engage with the class while teaching. She will have your abs burning from laughter and her fantastic sequences. Lily also has an extensive dance knowledge competing throughout Australia and overseas in prestigious competitions.

Lily's Favourite GWP Class is Reformer Burn

### JASMIN OGG

#### REFORMER PILATES INSTRUCTOR

Jas is a Qualified Reformer Pilates Instructor and loves teaching all reformer classes, Jas is sure to keep you on your toes with a range of reformer sequence.

Jas's Favourite GWP Class is Reformer Burn

