

VITALITY VIBE

PLATES



WELCOME TO VITALITY VIBE

OUR PHILOSOPHY

Welcome to Vitality Vibe Studio a space built around movement, empowerment, and feeling good in your body.

Our mission is simple:

Movement should be fun, challenging, and supportive-never intimidating.

Whether you're brand new to Pilates or experienced, our studio is a judgement-free environment where every body is welcome. Our instructors provide options for all levels so you can work at your own pace and build strength safely.

Were so excited to have you as part of our community.



WHAT TO EXPECT IN YOUR FIRST CLASS



Arrive 5-10 minutes early
This allows time to check in, meet your instructor, and get familiar with the equipment.

Grip socks are essential
You can purchase in studio for \$24 or bring your own, these are essential for hygiene and safety.

All levels welcome
Our instructors always provide modifications and progressions.

Listen to your body
Take breaks whenever needed and let your instructor know about any injuries or concerns before class.

Friendly community vibe
Expect encouragement, laughs, and a supportive environment.



OUR CLASS STYLES

MAT

STRETCH/RECOVERY

REFORMER

ACTIVE AGING

Reformer (All Levels)

Our signature full-body workout. These classes flow seamlessly from one movement to the next, keeping your body constantly engaged while building strength, control, and endurance. Designed to be all-level friendly, with options to keep things simple or challenge yourself as you go.

Reformer Sculpt (Strength & Tone)

A more strength-focused class designed to elevate your heart rate and build lean muscle. Expect controlled, repetitive movements that are layered with progressions to challenge you. Still accessible for all levels, with the option to level up intensity. Perfect for toning, strengthening, and getting results. No recommended for pre/post natal clients or those with injuries.



OUR CLASS STYLES

MAT

STRETCH/RECOVERY

REFORMER

ACTIVE AGING

Active Aging (Clifton Beach Studio)

A supportive and slower-paced class designed for seniors, women navigating perimenopause or menopause, and those managing injuries. Focused on gentle strength, mobility, and injury prevention, these sessions are beginner-friendly and tailored to help you move safely and confidently.

Recovery / Stretch & Meditate (30 mins)

A chance to slow down and reset. These sessions focus on deep stretching and recovery, either on the reformer or mat.

- Reformer Stretch: Guided, supported stretches to release tension and improve mobility.
- Mat Stretch: A more yoga-inspired session combining gentle stretching with breathwork and mindfulness.

VIRTUAL SESSIONS

Powered by YOURReformer, our virtual sessions are on-demand, in-studio workouts using our kiosk system.

Come in anytime, create your profile, choose your level, and follow along with expert-guided reformer sessions.
Personalised to you

- Beginner → Advanced
- Tailored to your goals & progress
- Self-paced, build confidence over time

What's included

Pilates • Yoga • Strength • HIIT • Cardio
Pre/Postnatal • Injury & physio-led
Perimenopause & active ageing
Sport-specific (runners, golfers)
Men's & women's programs • Challenges
and more



BOOKING YOUR CLASSEES

All classes can be through the website schedule or for the town studio we are on the mindbody app & for Clifton beach we use the Gym master app.

Book early

Classes can fill quickly, we recommend booking in advance

Waitlists

if a class is full, join the waitlist - spots often open up

Cancellations

if you can't attend, please cancel within the cancellations window (9 hours) so another client can take the spot

Late cancellations incur a \$10 fee & no shows \$15



MEMBERSHIPS & INTRO OFFERS

Intro offers

Perfect if you're new want to try a few classes before committing.

Class packs

Flexible options you can use whenever it suits you. Good for FIFO workers

Memberships

Our best value option if you plan to attend regularly.

Memberships allow you to build consistency and get the most out of your practice.

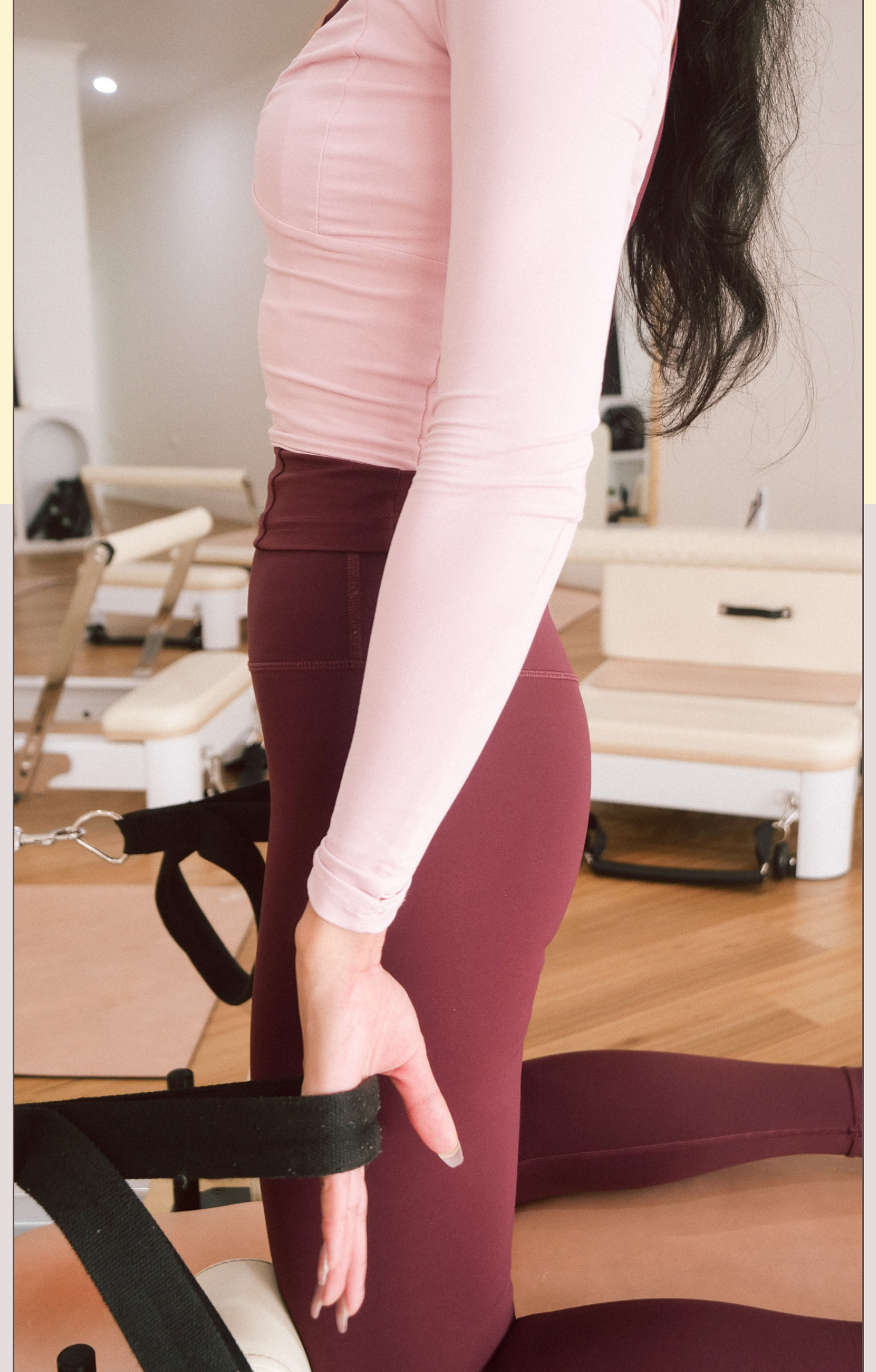
All pricing is on the website or will show when you go to book a class.

Studio Extras

We love creating a space that supports overall wellness, not just workouts

Depending on availability, our studios also offer:

- Community Challenges
- Social Events
- Inferred Sauna appointments (cairns city only)
- Creche (Clifton beach only)
- Collaborations with local businesses



THANK YOU

Hi, I'm Jasmine — founder of Vitality by Pilates.

I just want to say a genuine thank you for being here and for choosing to be part of this space.

As a single mum, everything I've built with Vitality comes from a deep passion for movement, but even more so, a passion for helping people feel strong, confident, and like the best version of themselves.

For me, it's about more than just workouts. It's about creating a space where you feel supported, empowered, and comfortable to show up exactly as you are.

Being a role model for my son is my biggest “why” — and it's what drives me every single day. I truly believe that when we take care of ourselves, we not only change our own lives, but we set the standard for the next generation.

This community means everything to me, and I'm so grateful you're a part of it.

If you ever need anything — whether it's help with your training, bookings, or just a chat — I'm always here.

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With love,
Jasmine x

