



2025 CLASS TIMETABLE

For 18 years and up!

Est. 1995 Phone: 4284 9578

www.rhythmicmoves.com.au

Strengthen. Lengthen. Tone. Align.

"Pilates is the antidote to what we do to our bodies everyday"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intermediate 6.00 – 7.00am		Beginner/Int 6.00 – 7.00am		Intermediate/ Adv 6.00 – 7.00am	Advanced 7.45 – 8.45am
	Beginner/Int 9.30 – 10.30am		Intermediate 9.30 – 10.30am		Beginner/Int 9.00 – 10.00am
	Intermediate 10.45 – 11.45am				
	Intermediate/Adv 5.45 – 6.45pm		Intermediate 5.45 – 6.45pm		

Beginner – Entry level class designed for the beginner to learn the fundamental Pilates exercises whilst learning about the muscles of the 'Powerhouse', breathing, alignment and technique. Class is taught at a slower pace.

* Suitable for clients recovering from injuries and postnatal clients.

Intermediate – You will flow through a more challenging series of exercises, using props and creating some cardio elements with minimal rest periods. These classes incorporate functional movement patterns to strengthen, tone and balance your body to improve posture and prevent injury.

* Not suitable for clients recovering from injuries or pregnancy.

Advanced – This class is designed to challenge the more experienced clients. An intense workout focusing on advanced exercises with fast-paced, continuous and flowing movements to challenge your strength, endurance and fitness level. Prepare to sweat, shake & burn!

* Not suitable for clients recovering from injuries or pregnancy.

Wear gym gear, socks, bring bottled water and a Beach or Non-Slip Pilates Mat towel.

Bookings are essential! These classes are not drop in classes.

Please phone 02 4284 9578 or text 0407 216 522 ahead to enquire about availability.

Classes are held in Mt Pleasant and do not run during school holidays or public holidays.

TUITION FEES

Pilates 60min Classes - \$25

10 x 60min Pilates Class Card - \$200 (2 FREE classes)

Single class payments via cash unless EFT receipt is shown at class.

10 Class Cards via cash, PayPal online at www.rhythmicmoves.com.au or direct deposit
Account Name: Rhythmic Moves BSB: 802 249 Account Number: 249468942 Ref: Your name
Remittance to: admin@rhythmicmoves.com.au

10 Class Cards are valid for three months (no refunds, replacements or extensions on unused or expired cards).

No Show & Late Notice Cancellation Fee \$25 (or one stamp on your card) – Cancel up to 6 hrs prior to class to avoid charge (or by 8pm the night prior for a 6am class).

NB: You are responsible for ensuring you are medically fit for the classes. Rhythmic Moves takes all reasonable care in the conduct of the classes and accepts no responsibility for injury or loss caused in or near the classes / studios.