

# Order of Class Levels

- 1) *Beginner*
- 2) *Basic/Intermediate*
- 3) *Intermediate*
- 4) *Pilates Ball & Small Apparatus*
- 5) *Mum's and Bub's*

1) *Beginner*  
An introduction to the Pilates Method and the 8 principles. Focusing on active breathing, improving body awareness, posture and flexibility. With a variety of mat exercises you will aim to develop pelvic stability through the strengthening of the deep abdominal and lower back muscles.

2) *Basic/Intermediate*  
Now you have learnt the basics of the Pilates Method, the exercises become more challenging as you continue to develop the principles. This level follows on from "Beginner", developing strong and long muscles, while maintaining a focus on core stability.

3) *Intermediate*  
A faster paced class building on the repertoire of exercises and introducing the use of Theraband and Light Weights for increased resistance. Chi Balls, Pilates Circles and Foam Rollers are also used, adding another dimension and challenge for participants.

4) *Pilates Ball & Small Apparatus*  
This class is suitable for an Intermediate standard. Alternating weekly between Swiss Ball and a variety of Small Apparatus, mentioned in the Intermediate class description. With the use of a provided Swiss ball you will also learn new and adapted exercises that will continue to challenge you in a variety of ways.

5) *Mum's and Bub's*  
This class has been designed to commence approx. 6 weeks after the birth of your baby and up to approx. 8-9 months of age. The classes consists of Pilates Beginner exercises for you and your baby together. Learn how to re-commence exercise safely to improve core stability and postural control.

# BENEFITS OF PILATES

- \* Mind and body integration
- \* Develops strength and flexibility
- \* Improves core stability—abdomen and back
- \* Improves posture and co-ordination
- \* Effective for all fitness levels and ages
- \* Develops long and lean muscles
- \* Non-impact exercise
- \* Increased body awareness
- \* Focused breathing

**GIFT VOUCHERS  
AVAILABLE**

*We use therabands,  
light weights, chi balls, pilates balls,  
foam rollers & aero bars to add  
another dimension to your workout*

**Michelle Wonnacott**

University graduate in the  
Pilates Method—APMA  
Certified Instructor with  
Pilates Institute of Australasia  
And Fitness NSW

**Simon Wonnacott**

Certified with  
Pilates Institute of Australasia



# PILATES



**Michelle's Pilates Place**

ABN: 61 731 263 671

**Michelle and Simon Wonnacott  
Certified Pilates Instructors**

# Look Good Feel Great WITH PILATES

**LOCATED AT 6 SURF CLUBS  
ON THE COAST**

- ♦ TERRIGAL
- ♦ AVOCA BEACH
- ♦ NORTH AVOCA
- ♦ UMINA
- ♦ COPACABANA
- ♦ WAMBERAL  
& WAGSTAFF

**Phone: 4384 5005**

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APMA Registered 10-03028



# WHAT IS PILATES?

The Pilates Method is a set of principles and movements targeted at the body's area of core stability—the abdomen and back. Just as a tree needs a strong trunk to support its branches, so too does the human body.

The Pilates method is a non-impact form of total body conditioning suitable for young, old, physically active and even sedentary.

Concentrated breathing, controlled movement and greater awareness of your own body is the foundation to all Pilates exercises.

The Pilates Method aims to improve strength, flexibility, posture, co-ordination and body tone, without strain or stress on the body.

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## MICHELLE'S PILATES PLACE TERM 1 TIMETABLE 2012—BOOKINGS ESSENTIAL Monday 30<sup>th</sup> January — Thursday 5<sup>th</sup> April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.30am					Intermediate (Terrigal S.C.)
9.30am	Beginner- Basic/Int (Wamberal)	Pilates Ball + Small Apparatus (Nth Avoca S.C.)	Intermediate (Avoca S.C.)	Beginner- Basic/Int (North Avoca S.C.)	Intermediate (Terrigal S.C.)
10.30am		Intermediate (Nth Avoca S.C.)		Mum's & Bub's (Nth Avoca S.C.)	
5.30pm			Intermediate (Umina S.C.)		
6.00pm	Intermediate (Wagstaffe) ~~~~~ Beginner- Basic/Int. (Copacabana S.C.)	Beginner- Basic/Int. (Nth Avoca S.C.)	Intermediate (Nth Avoca S.C.)	Intermediate (Avoca S.C.)	
6.30pm			Beginner- Basic/Int. (Umina S.C.)		
7.00pm		Intermediate (Nth Avoca S.C.)	Beginner- Basic/Int. (Nth Avoca S.C.)	Beginner- Basic/Int. (Avoca S.C.)	

### VENUES:

**Avoca Beach:** Avoca Beach Surf Club on Vine Street  
**Terrigal:** Terrigal Surf Club on The Esplanade  
**Umina:** Umina Surf Club on Ocean Beach Road  
**Copacabana:** Copacabana Surf Club on Del Monte Pl

**Nth Avoca:** North Avoca Surf Club on North Avoca Pde  
**Wamberal:** Wamberal Surf Club on Dover Road  
**Wagstaffe:** Wagstaffe Hall on Wagstaffe Ave

**COST Term 1: 10 Weeks: \$150—1 class per week, \$260—2 classes per week**

The term fee is taken on enrolment day, 15 minutes prior to your first class

**Mums and Bubs Classes are \$150 for a 10 week term**

*If you miss a class, please use this timetable to attend makeup classes at your level within the term*  
**No Classes on Public Holidays**  
**Method of payments are cheque or cash only**