

# Wellness Studio

| Time    | Monday                   | Tuesday   | Wednesday                | Thursday                       | Friday                       | Saturday              |
|---------|--------------------------|---|--------------------------|--------------------------------|------------------------------|-----------------------|
| 6.00am  | <b>Yoga</b><br>60mins    | <b>Yoga</b><br>60mins                             | <b>Yoga</b><br>60mins    | <b>Yoga</b><br>60mins          |                              |                       |
| 7.30am  | <b>Stretch</b><br>50mins | <b>Stretch</b><br>50mins                          |                          | <b>Stretch</b><br>50mins       | <b>Pilates</b><br>50mins     |                       |
| 8.30am  | <b>Pilates</b><br>60mins | <b>Release and Recover for athletes</b><br>60mins | <b>Pilates</b><br>60mins | <b>Core Strength</b><br>50mins | <b>Yoga Fusion</b><br>60mins | <b>Yoga</b><br>60mins |
|         |                          |   |                          |                                |                              |                       |
| 12.15pm | <b>Yoga</b><br>45mins    |   | <b>Pilates</b><br>45mins |                                |                              |                       |
|         |                          |   |                          |                                |                              |                       |
| 5.15pm  |                          | <b>Yoga Fusion</b><br>60mins                      |                          | <b>Pilates</b><br>60mins       |                              |                       |

# CLASS DESCRIPTIONS

## Stretch

Aimed at improving stability, flexibility, and range of motion by releasing tension in the whole body.

## Pilates

Classic mat work class using bodyweight and varying equipment to improve strength and posture.

## Release and Recover for Athletes

Aimed at athletes to enhance performance, Release and Recover works on the tightest and weakest areas of the body using balls, blocks and bands to achieve better movement. Functional mobility at its best.

## Yoga

Yoga is an ancient practice that involves physical poses, concentration, breathing techniques and meditation to promote mental and physical well-being. The overall philosophy of yoga is about connecting the mind, body, and spirit. A regular yoga practice can promote endurance, strength, calmness, flexibility, and overall well-being.

Monday, Wednesday, and Saturday morning classes are Vinyasa Yoga. Tuesday, Thursday morning and Monday lunchtime are Hatha Yoga.

Vinyasa Flow involves fluid sequences of poses in time with the breath.

Hatha Yoga is practiced at a slower pace, with focus on breath as well as control and alignment of poses.

All styles can be modified to suit ability level.

## Yoga Fusion

Yoga Fusion combines elements of Yoga with breathwork, stretches and core for an overall workout.

## Core Strength

This class works on strengthening the whole body, focusing on core, glutes, and pelvic floor. The use of bands, Pilates rings and body weight aims to activate and support muscles and joints for stability and longevity. Exercises are modified to accommodate all levels of fitness. Shoes are optional.