

Exercise class and course schedule



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Monday	Tuesday	Wednesday	Thursday	Friday
6.30-7.30am Pilates Reformer Beginner Cushla	6.30-7.30am Yoga Karla	6.00-7.00am Pilates Reformer Beginner Cushla		6.30-7.30am Supervised Strike Sarah
	8.30-9.30am Pilates Reformer Beginner Cushla			8.30-9.30am Pilates Reformer Beginner Cushla
9.30-10.30am Pilates Mat Ilka	9.45-10.45am Supervised Strike* A.J.	9.30-10.30am Yoga Karla	9.30-10.30am Pilates Mat Ilka	9.45-10.45am Supervised Strike* Sarah
	11.00am-12.00pm Pilates Reformer Beginner Cushla			
	12.30-1.30pm Pilates Reformer Beginner Ilka			12.30-1.30pm Pilates Reformer Intermediate Ilka
5.30-6.30pm Pilates Mat Ilka	5.00-6.00pm Pilates Reformer Beginner Cushla	5.30-6.30pm Pilates Reformer Beginner Ilka	5.00-6.00pm Pilates Mat Ilka	
6.30-7.30pm Pilates Reformer Intermediate Ilka	6.00-7.00pm Supervised Strike* Sarah	6.30-8pm Yoga Karla	6.00-7.00pm Supervised Strike* Sarah	5.30-6.30pm Supervised Strike* Sarah

* Modified Supervised Strike classes will begin on the 22nd February. Boxing bags installation to be confirmed.

Exercise Class Fees

Pilates Mat Classes - \$20 (max 9 people)*

Pilates Reformer Classes - \$30 (max 4 people)*

Pilates Courses - Fees vary according to course duration*

Strike Classes - Free to members

(max 10 people; \$5 glove/wrap hire)*

Yoga Courses - Fees vary according to course duration and class structure**

* Please book at reception to secure your spot. Non-members pay an additional fee per class. Contact reception for more information about booking or fees.

* Casual class rate. Concession Packs: Buy a pack of 10 classes and get the 11th class free.

** All bookings are to be made with Karla directly on 021 964 252 or via email (karla.brodie@gmail.com). For more information please visit www.karlabrodie.co.nz

BodyTech reserves the right to make changes to this timetable at any time. If you are new to Supervised Strike please arrive 10min early so that the Trainer can teach you the basics. Please bring your own towel.

Exercise Class Information

What is Pilates Reformer?

The Pilates reformer is an apparatus used in Pilates which is conducted in small group situations. You will be guided through a series of controlled exercises that are specifically tailored to your level of ability. The exercises are designed to help you attain a higher level of balance, whilst simultaneously strengthening and stretching your entire body.

Pilates Reformer workshops consist of ten sessions, with four people per workshop. For further information/booking, contact ilka@bodytech.co.nz

Cushla is a NZ Registered Osteopath and Medfit Trainer at BodyTech. Having completed both a Bachelor of Applied Science and a Masters



in Osteopathy, Cushla has since developed her skills in Pilates. By combining her Osteopathic knowledge with Pilates, she is able to provide students with a deep understanding about their bodies and movement.

Mat Pilates

“Make the torso the power centre of your body”

Mat Pilates is an exercise system derived from the teachings of Joseph H Pilates.

Ilka has been practising Pilates for over five years. Her passion began while she was a professional gymnast. She has since developed her skills and own style while studying her Masters in Sport Science in Leipzig/ Germany. Pilates was one of the areas of her Masters in which Ilka specialised. She tailors her classes to incorporate a more functional style, by combining her Pilates knowledge and experience, with that of a qualified Personal Trainer and gymnast.

For more information contact Ilka via email:

ilka@bodytech.co.nz

Supervised Strike

Modified Supervised Strike classes will begin on the 22nd February. Boxing bags installation to be confirmed.

What is Supervised Strike?

Supervised Strike™ High Intensity Training is a BodyTech knockout. Supervised Strike delivers

an authentic high intensity boxer’s workout. The programme includes skipping rope, shadow boxing, bag work, combination drills, and medicine ball mid section work for stronger abs. Supervised Strike is great for both men and women who want a high intensity calorie burning workout. It’s a great avenue for stress busting too.

All trainers are qualified BodyTech Strike Instructors, guaranteeing safe and challenging workouts every time. Suitable for all fitness levels and ages. Give this class a go!

Yoga

The consistent practice of Hatha Yoga can return one to a being state which is essentially whole, joyful and peaceful. One develops a greater capacity to reduce high levels of stress and increase energy and vitality. On a physical level, respiration, circulation, immune function and postural alignment improve. On a mental level, one strengthens the ability to sustain a focussed, present state.

Karla Brodie is an experienced and qualified teacher. Her practical and intuitive approach to teaching leads students to a deeper experiential understanding of breath, balanced posture and integrated movement.

Go to www.karlabrodie.co.nz for start dates and more information or contact Karla:

karla.brodie@gmail.com or 021 964 252.

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