



WELLNESS

PILATES

at The Yard

and

Val de Vie Estate Lifestyle Gym

PILATES MAT CLASSES (THE YARD)

Pilates focuses on strengthening the body – especially the core. It improves general health and fitness as it focusses on posture, balance and flexibility. The chance of injury is much lower than with more arduous exercise and it also focuses on the mind-body connection as you will continuously be reminded to be aware of breathing and movement of the body. Pilates is very adaptable and you can get a challenging workout or a gentle strength training which makes it an activity anyone can enjoy. Health benefits include good posture, toned muscles, flat abdominal muscles, flexibility, improved balance and reduced stress.

PILATES BARRE CLASSES (THE YARD)

Barre workouts focus on improving core strength, enhancing flexibility and stabilising muscles – especially of the shoulder and hip girdles. It shapes the muscles by performing isometric exercises and small movements that “burn out” muscles at a specific joint angle within a definite range of motion. As a result of continued Barre workouts you will find that your hips, glutes, thighs and core will tighten while your posture will be improved. Barre workouts are hard – no use lying about it! It is because muscles are targeted in a way that you are not used to. Your legs will shake, your body will hurt and you will wish the class is over but when it is done, you will feel incredible!

REFORMER PILATES (VAL DE VIE ESTATE SPORT AND LEISURE STUDIO)

Reformer Pilates was invented by Pilates Founder Joseph Pilates. The practise is on a bed like frame that uses different weighted spring combinations to create resistance when we move the carriage back and forth. Using a reformer means you can target those small muscle groups, which helps to form long, lean muscles. You can do more exercises than what’s possible on the mat and have a play with a wide range of movements. It is possible to get the same results from mat Pilates and Reformer Pilates. The discipline was designed to build up strength in your body’s powerhouse or core. But if you’re looking for quicker results and more variation in class, reformers are the way to go.

PILATES AT THE YARD WEEKLY FITNESS SCHEDULE:

TIMES	MON	TUES	WED	THURS	FRI
06:00	Athletic		Athletic		Athletic
07:00	Mat		Mat		Mat
08:00	Mat		Mat		Mat
09:00	Barre		Mat		Mat
17:30		Barre		Barre	

PILATES AT VAL DE VIE LIFESTYLE GYM WEEKLY FITNESS SCHEDULE:

TIMES	MON	TUES	WED	THURS	FRI
06:00	Group Reformer				
07:00	Group Reformer				
08:00	Group Reformer				
09:00	Group Reformer				
10:00	Group Reformer				
11:00	Reformer PVT				
12:00	Reformer PVT				
13:00	Group Reformer				
14:30	Reformer PVT				
15:30	Reformer PVT	Reformer PVT		Reformer PVT	
16:30		Group Reformer		Group Reformer	
17:30		Group Reformer		Group Reformer	



MEMBERSHIP COSTS:

5 x Mat Classes: R600 (R120 per class)

10 x Mat Classes: R1 145 (R114,50 per class)

15 x Mat Classes: R1 635 (R109 per class)

5 x Reformer Classes: R1 200

10 x Reformer Classes: R2 400

15 x Reformer Classes: R3 600

Group Walk-In: R165

Assessment: R310

Mat & Reformer Private: R330 (per session)

Reformer Duet: R275 (per person)

Trio/Quad Reformer: R240 (per person)

