
PILATES UNLIMITED

takapuna beach

Tower Classes Timetable

Monday	10.00am	Basic/Intermediate class
Monday	5.30pm	Intermediate class
Tuesday	10.00am	Intermediate class
Thursday	10.00am	Advanced class

BOOKINGS ESSENTIAL - MAX 4

Tower Class Casual Rate	\$40
Concession of 10 Tower classes	\$350

These classes are aimed at the level of the group. To participate, you need to be at a good intermediate level. The Tower Class combines the mat work with the wall unit apparatus to achieve a workout that is all about stretch and strength with control and resistance.

The classes are for 4 people at a similar level of experience. The class is for 1 hour. Knowledge of the apparatus is required for safety reasons.

BASIC/INTERMEDIATE CLASS:

This class is for people who are learning the method and the understanding of the basic principals. Also a great class for newer clients who are taking private lessons and this compliments their overall weekly pilates workouts. (Refer brochure or talk to your instructor for prerequisite lessons prior to joining the Tower Class.)

ADVANCED CLASS:

This Class is for clients who have a good knowledge and experience of the Pilates Method and have been participating in Pilates mat classes and private lessons for sometime.

Please note: Bookings are essential to book a place in a Tower Class, as numbers are limited. (24 hour cancellation policy applies.)

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www.pilatesunlimited.co.nz

