

Studio Class Timetable

	Availability	Adele	Alex	Yonit	Matt
Monday	8AM - 2PM Yonit			9:30 AM 10:30 AM	
	2PM - 8PM Alex Matt		5:00 PM 6:00 PM 7:00 PM		5:00 PM 6:00 PM 7:00 PM
Tuesday	8AM - 2PM Alex		10:00 AM 1:00 PM		
	2PM - 8PM Adele	5:00 PM 6:00 PM 7:00 PM 8:00 PM		5:00 PM 6:00 PM 7:00 PM 8:00 PM	
Wednesday	8 AM - 2 PM Adele	9:00 AM 10:00 AM 11:00 AM			
	2 PM - 8 PM Alex Yonit		4:00 PM 6:00 PM 7:00 PM	5:00 PM 6:00 PM 7:00 PM 8:00 PM	
Thursday	8 AM - 2 PM Yonit			9:30 AM 10:30 AM	
	2 PM - 8 PM Matt Adele	4:00 PM 6:00 PM 8:00 PM			5:00 PM 6:00 PM 7:00 PM 8:00 PM
Friday	8 AM - 2 PM Alex		9:00 AM 10:00 AM		
	2 PM - 8 PM Adele Matt	5:00 PM 7:00 PM			1:00 PM
Saturday	8 AM - 2 PM Adele Matt	7:30 AM 8:30 AM 9:30 AM 10:30 AM 11:30 AM 12:30 PM			9:00 AM 10:00 AM
	8 AM - 2 PM Matt				8:00 AM 9:00 AM 10:00 AM
Sunday	8 AM - 2 PM Matt				8:00 AM 9:00 AM 10:00 AM
	2PM - 8 PM Yonit			4:00 PM 5:00 PM 6:00 PM	

Discover Pilates® specialises in private Pilates classes and studio Pilates classes for up to 4 - 6 people. All Pilates bookings are essential and can be made via Ryde Natural Health Clinic's reception desk. To make a booking, call the clinic on 9878 5021 between 8am and 8pm Monday to Sunday (Clinic reception is closed on public holidays). For more information, visit www.discoverpilates.com.au

Discover Pilates® Classes and fees:

Discover Pilates® specialises in equipment-based, small-group Pilates classes. To ensure excellent results for our students we tailor each session to the needs and goals of the individuals, and limit each class to 4-5 participants. Clients may book a class at a time that suits them (what we call a 'Private Pilates class'), or join one of our timetabled small-group classes (what we call a 'Studio class'). Private Pilates classes are 30 minutes in duration and studio classes are 1 hour. Bookings are essential.

Studio Pilates classes are held at set times throughout the week, cost \$44 per class per student (if paid for casually), or \$40 per class per client if the client purchases a block of 10 classes (\$400).

Private Pilates classes may be booked at any time outside of our Studio Pilates class timetable (subject to instructor availability). Private class fees vary depending on the number of clients in your group: \$90 per class for a 1 on 1 private class, \$130 per class for 2 clients (\$65 each), \$150 for 3 clients (\$50 each), or \$160 for 4 clients (\$40 each).

As classes are run by qualified Physiotherapists, all Pilates classes are claimable with your private health fund.

Discover Pilates® Instructors:

Adele Hvistendahl has 14 years Pilates experience and has also completed her Bachelor of Physiotherapy at the University of Sydney. Adele is an experienced Pilates instructor passionate about Pilates and the results it can deliver to people from all walks of life.

Alex Donald has a degree in Sport and Exercise Science as well as a Masters of Physiotherapy, in addition to his Pilates qualifications. Alex has a keen interest in sports related injury assessment and treatment; he is experienced in providing physiotherapy and clinical Pilates support to athletes across a range of sports, and is experienced in biomechanical analysis, injury prevention and overuse injuries, including neck, back and joint pain.

Yonit Nahmias has over 6 years experience working as a Physiotherapist in Israel and 5 years experience as a Pilates Instructor. Since moving to Australia she has also completed her Masters of Physiotherapy from Sydney University, and has taught a range of small and large group pilates classes at a number of clinics across Sydney. Yonit believes strongly in creating realistic and measurable goals specific to each patient.

Matthew Abeshouse is a passionate physiotherapist who prides himself on being well versed in up to date physiotherapy practice. After graduating from the University of Sydney, Matthew spent a number of years working across different areas of physiotherapy such as hospital and rehabilitation, including a stint in Melbourne. This has lent him skills to work with patients of all ages, and across all walks of life.

Whether you're looking for a traditional Pilates experience, pre- or post-natal, recovering from an injury, or training for a sports competition, we can tailor your session towards your specific goals.

How to get started:

From experience we know that regardless of your reasons for commencing Pilates, an initial consultation is recommended so our instructors can cater your session to your body type and write you an initial program. If you learn the basics really well you'll achieve better results. That's why we insist that every new client attends a 30 minute initial consultation at which your instructor will discuss with you your needs and goals and either teach you the basics (if you are new to Pilates) or assess where you're up to (if you've done Pilates before). The initial consult is \$50. You should wear comfortable exercise clothing that lets you move freely, and bring a pair of clean socks with you to wear during the session. Change rooms are available for your use if required.