



RAMPAGE FITNESS



The Pilates Studio Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	BEGINNER ROCKI	INTERMEDIATE ASHLEIGH	ADVANCED CHEYANNE	BEGINNER CHEYANNE	INTERMEDIATE ROCKI		
7:00am	INTERMEDIATE ROCKI	BEGINNER CHEYANNE	INTERMEDIATE CHEYANNE	ADVANCED CHEYANNE	BEGINNER ROCKI		
8:00am						INTERMEDIATE CHEYANNE	
9:00am		INTERMEDIATE CHEYANNE			INTERMEDIATE CHEYANNE		
4.30pm				INTERMEDIATE CHEYANNE			
5.30pm	BEGINNER ASHA	BEGINNER ROCKI					
6.00pm			MENS ONLY CHEYANNE				
6.30pm	INTERMEDIATE ASHA	INTERMEDIATE ROCKI					

Please book your class online - <https://pilatesstudio.co.nz>

This will lead you to our booking app once you have created an account



WHAT IS REFORMER PILATES?

Reformer Pilates is a dynamic and effective form of exercise that utilises a specialised piece of equipment. This variation of Pilates incorporates springs, straps, and a moving carriage to create resistance and support during exercises.

Reformer Pilates focuses on improving strength, flexibility, balance, and coordination while emphasising proper alignment and controlled movements. By targeting specific muscle groups and promoting stability through a full range of motion, Reformer Pilates helps build long, lean muscles and improves overall body awareness.

*Exercises can be adapted for new or injured clients so you can still get the best out of every sessions.

1:1 INTRO

During an introductory one to one session, you will be orientated to the reformer machine and how it works. The focus is on learning the fundamental exercises and techniques, moving at a slower pace to allow more time to understand how to use the machine, basic movements, and to build body awareness.

This class is suitable for new clients. Please contact Cheyanne at reformer@rampagefitness.co.nz to organise an introductory one to one session with one of our instructors.

BEGINNER REFORMER

This class is suitable for clients confident with the fundamentals and have a good understanding of their body, and also for people managing injuries. Throughout this class you will move at a slow, steady pace as you refine and focus on the foundations of reformer exercises. We offer progressions to make the class suitable for clients aiming towards an intermediate level. This class is not suitable for clients that are new to reformer pilates.

INTERMEDIATE REFORMER

(Formally known as the High Beginner class)
The intermediate class offers an increased intensity and challenge across various aspects. In this class you will feel the burn, test your mental and physical endurance, all while maintaining the pilates principals. You must check with your instructor if you are ready to move to this level. This class is not suitable for clients that are new to reformer pilates.

ADVANCED REFORMER

The advanced class is the most challenging across various aspects. In this class you are sure to feel the burn, test your endurance and can expect a lot more full body and complex exercises. You must check with your instructor to see if you are ready to move to this level. This class is not suitable for clients that are new to reformer pilates or are managing injuries.