


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
7:00 AM		Stretch Rehab 7:00 – 7:45 Odette		Stretch n Core 7:00 – 7:45 Carolyn		Barre 7:00 – 7:45 Sarah/Melinda	
8:00 AM	ABT 8:00 – 8:45 Dillian	Advanced Pilates 8:00 – 8:45 Odette	Advanced Pilates 8:00 – 8:45 Odette	Yin Yoga 8:00 – 8:45 Carolyn		Pilates 8:00 – 8:45 Sarah/Melinda	
9:00 AM	Yoga Foundations 9:00 – 9:45 Deb	Advanced Pilates 9:00 – 9:45 Odette	Standing Yoga 9:00 – 9:45 Jaime	Stretch n Core 9:00 – 9:45 Carolyn	Barre 9:00 – 9:45 Naomi		
10:00 AM	Yoga Hatha 10:00 – 10:45 Naomi	Prehab Pilates 10:00 – 10:45 Odette	Restorative Yoga 10:00 – 10:45 Craig	Barre 10:00 – 10:45 Carolyn	Yoga Hatha 10:00 – 10:45 Naomi		
11:00 AM	Yoga Immersions 11:00 – 11:45 Naomi	Mobility 11:00 – 11:45 Mitch			Mobility 11:00 – 11:45 Mitch		
12:00 PM							
2:00 PM							
4:00 PM	Barre 4:15 – 5:00 Jaime	Barre 4:30 – 5:15 Naomi	Barre 4:00 – 4:45 Sarah	VinYin Yoga 4:15 – 5:15 Alicia			
5:00 PM	Yoga 5:15 – 6:15 Jaime	Pilates 5:30 – 6:16 Naomi	Pilates 5:00 – 5:45 Sarah	Evening Yoga Flow 5:30 – 6:15 Alicia			

Reception hours: Monday - Friday 8.30am - 7pm Saturday & Sunday 7am - 5pm. Reception and Pool hours may vary on Public holidays.

Kids Club Hours: Monday to Saturday 8-11am Bookings essential please call (02) 6674 9966

Pool Availability: For general swimming may vary. Please contact us for more information

Contact us (02) 6674 9966 casuarina@movementhealthclubs.com.au or Facebook

Bookings Essential for classes and creche through the GymMaster Member app. 



MIND & BODY

yoga

A balanced combination of sustained poses (Hatha) as well as poses flowing in a mindful progression. Attention is given to basic alignment & therapeutic principles.

holistic yoga

A Peaceful approach to yoga practice to receive unlimited benefits on all levels of your Being. Enjoy a sense of heightened Wellness with no injury. Nourish Heal & Strengthen your Mind Body Soul.

yoga foundations

An opportunity to delve deeper into the physical practice of yoga. Become your own teacher learning how your body performs within yoga poses. We break down the poses to learn correct alignment. Each class will be themed to a group of poses or a particular pose. Our breath will be utilised as a tool to enhance the energetic outcome of the class.

vin yin yoga

A balanced combination of two classes in one. A strong Vinyasa style of poses where attention is given to basic alignment & therapeutic principles, and a meditative approach with long deep stretching to enhance flexibility and joint mobility while encouraging healing and realigning the body's connective tissues. All levels welcome.

yoga immersions

Breaking down the more intrinsic elements of our practice, breath work and meditation. Start with a simple repetitive flow to explore asana in depth, then breath work. Catering to all levels

yoga foundations

An opportunity to delve deeper into the physical practice of yoga. Become your own teacher learning how your body performs within yoga poses. We break down the poses to learn correct alignment. Each class will be themed to a group of poses or a particular pose. Our breath will be utilised as a tool to enhance the energetic outcome of the class.

advanced pilates

You are taken through classic and advanced Pilates movements with a focus on postural strength and power.

mobility

This is a class built around flexibility, mobility and stretching. Different from your traditional yoga or Pilates classes, this class is designed to incorporate slow movement exercises that will open up the body

yoga hatha

Lineage based Tantri Hatha - using asana, mudra, bandha, kriya and pranayama to access states of meditation and spiritual connection.

standing yoga

A strengthening Yoga class that enables people to incorporate postures without all the up and down. Working on stability and Length.

breath & meditation

Breathing to improve concentration, reduce stress and quiet the mind. We need all of these to function at our best. In this class you will learn how to bring balance to the body's energy. Using Ancient breath techniques and modern science to help you thrive in any situation

pilates

A body conditioning core strength postural class with a strong focus on alignment technique used to develop a strong, centred and balanced body.

barre

A fantastic class that is a fun, energetic workout inspired from both dance and pilates that will strengthen and tone legs, butt and postural muscles.

prehab pilates

Using a mix of Pilates and Myofascial mobility techniques for ultimate injury prevention. Understand how to release chronically tight muscles and move with freedom and power.

pilates core

A fun creative way utilizing pilates movements to get stronger and closer to your goals gaining core strength and awareness.