

29 JANUARY 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00 AM</b>	Reformer 6:00-6:45 Louise  ReformerStretch 6:50-7:35 Louise	Reformer 6:00-6:45 Louise	Reformer 6:00-6:45 Louise	*Reformer Jump* 6:00-6:45 Louise  ReformerStretch 6:50-7:35 Louise	Reformer 6:00-6:45 Heather		
<b>7:00 AM</b>		Reformer 7:00-7:45 Louise	Reformer 7:00-7:45 Louise		Reformer 7:00-7:45 Heather	Reformer 7:30-8:15 Annette	
<b>8:00 AM</b>						Reformer 8:30-9:15 Annette	
<b>9:00 AM</b>	Reformer 9:00-9:45 Louise	Reformer 9:00-9:45 Louise  ReformerStretch 9:50-10:35 Louise	Reformer 9:00-9:45 Louise  ReformerStretch 9:50-10:35 Louise	Reformer 9:00-9:45 Peta	Reformer 9:00-9:45 Louise  ReformerStretch 9:50-10:35 Louise		
<b>10:00 AM</b>							
<b>5:00 PM</b>	Reformer 5:00-5:45 Kristy	Reformer 5:00-5:45 Sharon	Reformer 5:00-5:45 Annette	Reformer 5:00-5:45 Annette  ReformerStretch 5:50-6:35 Annette			
<b>6:00 PM</b>	*ReformerHIIT* 6:00-6:45 Kristy	Reformer 6:00-6:45 Sharon	Reformer 6:00-6:45 Annette				

**Reception hours:** Monday – Thursday 7.00 – 11:30am and 3 - 8pm  
Friday – 7-11:30am  
Saturday 7-11am

**Creche Hours:** Monday - Friday 8:00 - 11:00 (bookings essential through GymMaster Member App)  
**Contact us** (07) 3806 3403 [cornubia@movementhealthclubs.com.au](mailto:cornubia@movementhealthclubs.com.au) or Facebook

Please go to [www.movementhealthclubs.com.au](http://www.movementhealthclubs.com.au) and select Timetable – Cornubia to view and print the timetable.

Bookings are essential for all classes and creche through the GymMaster Member App.  
Download the app by scanning the QR code below.



## REFORMER PILATES

Reformer Pilates members only Bookings Essential. If you would like more information about our Reformer Pilates Membership, please talk to one of our team.

**Reformer** The reformer is a pilates apparatus designed to add resistance and support to a classical pilates workout. Emphasizing core breath, core stabilisation, and full body awareness. A full-body workout strengthening your deepest abdominal muscles while sculpting your legs, arms, and back suitable for all.

**Reformer Stretch** A wonderful Reformer class where stretching movements are incorporated for a longer period of time with smooth transitions for long lean muscle.

**Reformer HIIT** A combination of High Intensity Interval Training (HIIT) on and off the reformer and Reformer Pilates. HIIT consists of high-intensity intervals and are done in short bursts and alternate with lower impact reformer exercises. HIIT provides a quick and effective cardio workout, which is helpful for burning lots of calories, slowing down ageing and boosting the metabolism. It is an excellent way of increasing fitness and stamina by building aerobic capacity.

*\*Please join us if you attended a minimum of 5 Reformer classes*

**Reformer Jump** In our Reformer Jump Board Class, you can take your Reformer to the next level! The spring sensation of using a Jump Board creates a horizontal jumping experience. Get your heart rate up with this low impact yet burning class. This class is for experienced reformer members.

*\*Please join us if you attended a minimum of 5 Reformer classes*

**Reformer Mix** A 45-minute mixed reformer class incorporating classic Pilates reformer exercises, jump board for cardio and a stretch component to offer a full body session.

## BOOKING YOUR CLASS

We want to make sure everyone has fair access to Reformer classes.

### Can't Attend Class?

Please make sure to cancel at least 6 hours prior to the class through the Movement GymMaster App.

### Last Minute Cancellation?

There will be a \$5 late fee for cancellations less than 6 hours before the class commences.

### Don't Turn Up?

There is a \$10 fee for no-shows.

Thank you for your co-operation and understanding!

## JOIN OUR REFORMER CREW!

Keep up to date with all things Reformer via our Reformer Facebook Group.

Simply scan the QR code below or search "Movement Cornubia Reformer Pilates" on Facebook. We can't wait to see you on the inside!

