

## FREQUENTLY ASKED QUESTIONS

### WHAT MAKES PILATES AT A PILATES STUDIO DIFFERENT TO PILATES AT A GYM?

Our classes are run by diploma-qualified Pilates instructors, who have completed a minimum of 400 hours work experience and 18 months of training. They utilise their expertise to ensure a safe environment for you to exercise and increase your Pilates abilities, thus minimising the chance of injury.

### DO I GET A REBATE FROM MY HEALTH FUND? HOW MUCH WILL THEY REBATE PER CLASS?

From 1 April 2019, Pilates is no longer claimable from Private Health Funds.

### WHAT DO I WEAR TO PILATES & DO I NEED TO BRING ANYTHING IN PARTICULAR?

When doing Pilates, wear a singlet or t-shirt and some tights or shorts. Anything you can move freely in and feel comfortable stretching in.

We don't wear shoes in our classes, so bring along some socks. You'll need a towel, and we advise you to take a drink bottle. Everything else you'll require is supplied for you.

### HOW OFTEN SHOULD I DO YOUR CLASSES?

We suggest doing our Express Refomer, Mat and Studio Pilates classes at least once a week. Although maximum benefit is obtained from a Pilates regime of 2-5 sessions a week, whether that be classes at the studio or home-based exercise.

Our Online Pilates Studio is a great addition to keep moving at home, when you are on holidays, or when you can't come to the studio.

### I'VE DONE PILATES BEFORE. DO I NEED TO HAVE AN INITIAL CONSULTATION?

If you are not sure which classes are right for you or if you are planning on attending our Studio Pilates Classes, then you will need an Initial consultation. This is necessary to identify any injuries and assess what level you're at, so that you go into the right class. If you feel that you know which class you'd like to do, just give us a call and we will happily discuss this with you! Our fitness classes do not require an initial consultation.



## STUDIO LOCATION

### The Body Refinery

2/15 Lamington Street, New Farm QLD 4005

Phone: (07) 3358 3915

Email: [info@thebodyrefinery.com.au](mailto:info@thebodyrefinery.com.au)

### Opening Hours

Monday - Thursday	6:00am - 8:00pm
Friday	6:00am - 3:00pm
Saturday	7.30am - 2:00pm
Sunday	Closed

# PILATES



## MOVE WITH STRENGTH, POWER, VITALITY & EASE

With an emphasis on core conditioning, breathing and body awareness, Pilates is a safe and highly effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints. Pilates is ideal for injury prevention and rehabilitation but also for those looking for a complete workout.

The Body Refinery offers a variety of different classes to cater for people of all ages and fitness levels.

### STUDIO PILATES

Studio Pilates classes are personalised sessions that are taken by a qualified Pilates instructor, where each client undertakes his or her own program. These 1-hour classes ensure that you are working towards your movement goals, with supervision and feedback from a qualified instructor.

Our studio sessions incorporate all the specialised Pilates equipment and mat work, and are ideal for anyone with postural issues or specific goals. An initial consultation is required for new clients.

**There are three options to attend a Studio Pilates class:**

- **Semi-private class:** no more than four clients per teacher, with personalised programs.
- **Duet class:** share your class with a friend. Two clients per teacher.
- **Private class:** private one-on-one class for 100% of the teacher's attention.

### REFORMER CLASSES

This is a group class (maximum of nine participants) that is suitable for all clients, including beginners.

Reformer classes use only the reformer, and are fun and fast-paced, with a great combination of Pilates and cardiovascular exercise. The class does not cater to individual programs and, therefore, is not ideal for those with injuries or specific goals.

Reformer classes run for 45 minutes, with no initial consultation required.



### MAT CLASSES

Mat work is the foundation of the Pilates method. This is a 1-hour group class (maximum of eight participants) that is ideal for beginners and those who want to add to their existing fitness programs.

Mat classes do not use the large specialised equipment, with the entire class undertaken on a mat on the floor, incorporating the use of small props.

The class does not cater to individual programs and, therefore, is not ideal for those with injuries or specific goals, though it is an excellent introduction to Pilates and core muscle activation. No initial consultation is required.

### READY TO START?

To ensure that you're getting the most out of our classes, we require you to have an initial assessment for our Studio Pilates classes. During your initial consultation, one of our Pilates instructors will conduct a physical assessment to identify your physical needs and discuss your fitness/rehabilitation goals. We will then design a program that suits your requirements.

No initial consultation is required for our Fitness classes.

### ONLINE PILATES STUDIO

The Body Refinery Online was born out of a desire to make the highest quality Pilates, accessible to all.

An AU\$14 monthly membership gives you access to a large diversity of Pilates Workouts and Educational videos presented by our experienced physiotherapists, Pilates Instructors and guests.

Choose the level of intensity, the instructor and/or the type of video and enjoy your class at home, when you are on holidays, or just when you can't come to the studio.

Our team will get your body moving anywhere... anytime!

For more info, visit:  
[www.thebodyrefineryonline.com](http://www.thebodyrefineryonline.com)



## THE BODY REFINERY'S MEMBERSHIPS

Enjoy the benefits of doing Pilates daily at a fixed membership rate with our three options.

### TOTALLY REFINED MEMBERSHIP

A complete membership that allows you to enjoy all our online Pilates classes. With an annual contract and a 6 weeks suspension yearly option at no extra cost.

\$88/week - includes unlimited access to: Studio, Express Reformer, Mat & Refined Barre Classes.

### FITNESS MEMBERSHIP

Take your fitness to a whole new level with our Pilates Instructors. With an annual contract and a 6 weeks suspension yearly option at no extra cost.

\$50/week, includes unlimited access to: Express Reformer, Mat & Refined Barre Classes.

### FLEXI-FITNESS MEMBERSHIP

Enjoy our Fitness classes with total freedom. With no annual contract, you can pause and resume your membership at any time.

\$65/week, includes unlimited access to: Express Reformer, Mat & Refined Barre Classes.

More info and Terms and Conditions available on our website under: Patient Info > Memberships.