

Reformer Classes



Our group Reformer classes are suitable for beginners though to advanced. It is a machine-based class that incorporates finely tuned resistance with a series of springs and ropes in a series of exercises. Reformer classes build strength, increase flexibility, assist in developing core control and improves fitness and agility.

We allow no more than 6 to a class, allowing for close supervision of techniques so you can get the most out of each session. All Reformer Classes run for 30 minutes and are progressive, building on the skills and exercises from the last class.

Our Reformer Classes are taken by qualified Pilates Instructors and Physiotherapists. Pilates instruction performed by our Physiotherapists may be claimable against your private health cover extras.