



## Teen Pilates Programmes 2013

---

### **Teen Pilates: Holiday Programme**

2012: December 17th, 18th, 19th & 20th.

2013: January 21st, 22nd, 23rd & 24th. Age 12 - 17

This course is available during the school holidays and provides a fun and challenging workout for teenagers. Sessions are 1.5 hours and include both Mat Pilates and Reformer repertoire in a group setting.

Different levels of exercise will be offered in line with age and experience, with all sessions aimed at supporting the healthy development of the young person.

Maximum of 8 per class

\$30 for 1 class, \$75 for 3 classes, \$90 for all 4 classes

---

### **Progressive Pilates for Dancers**

Term time: Mondays at 6 - 7.30m & Fridays at 4.30 - 6pm

10 week course (course length may vary with school terms) Age: 12 - 17

This course offers young dancers tailored and personalised training in the Pilates method, to help enhance technique and meet the physical demands of different dance genres. Following a basic physical analysis, each individual will be provided with a program designed to improve flexibility, mobility and strength specific for dance and will recognise the individuals personal needs.

Participants will have the opportunity to experience the full range of Pilates studio equipment.

Maximum of 6 per class, 1.5 hour classes

\$35 class, \$295 for 10 week course.

---

### **Teen Pilates: Term Course**

Term Time: Monday & Wednesday at 4pm.

10 week course (length may vary with School terms) Age: 12 -17

Mondays class is a fun one hour session that focuses on the Pilates fundamentals.

We will work on alignment, posture, breathing and stretching, applying the Pilates Principles in an interactive environment.

Wednesdays class is great for supporting other athletic endeavours such as cycling, running, rowing and tennis.

This will provide the foundations of a strong core and good stretching to enhance any sport and provide recovery and relaxation.

Classes are 1 hour, maximum of 8 per class.

\$25 for 1 class, \$195 for 10 week course

---

## **Junior Foundation Pilates**

Term time: Fridays 3.30 - 4.30pm 8-10 week course (course length may vary with school term).

Age: 8+

This class is aimed at educating both young and inexperienced young people about the basic foundations of pilates exercises.

The Pilates Mat repertoire will be used to introduce key principles and movements at a level that can be easily understood, encouraging participants to learn about their bodies and how to improve basic strength and flexibility.

Small pieces of equipment will be incorporated to add a fun and interesting dimension to the mat class.

A great starter class for budding dancers, or any young person who would like to learn how to move well.

Classes are approximately 1 hour, maximum of 8 per class.

\$25 for 1 class, \$195 for 10 week course

---

09 965 3011

**Bodywise Pilates**  
pilates@bodywisepilates.co.nz

[www.bodywisepilates.co.nz](http://www.bodywisepilates.co.nz)