



Exercise Classes Timetable
(updated 10/08/2023)

Mon	Tues	Wed	Thu	Friday	Sat
Morning Classes					
7.30 Active Elite David	7.30 Active Advanced David		7.30 Active Advanced Fiona		
9.00 Active Foundation David			9.00 Active Elite Fiona	9.00 Active Advanced Rachael	
	10.15 Active Intermediate Rachael		10.15 Active Advanced Fiona	10.15 Be Active Rachael	
11.30 Be Active David		11.30 Active Advanced David	11.30 Active Intermediate Fiona	11.30 Active Intermediate Rachael	
11.30 Rehab Class Matt IN GYM ONLY		11.30 Rehab Class Matt IN GYM ONLY			
Afternoon/Evening Classes:					
12.45 Active Intermediate Gabrielle					
2.45 POWer closed class Gabrielle/Matt		3.45 POWer closed class Gabrielle/Matt	4.30 Active Fusion Gabrielle		
6.00 Active Advanced Gabrielle		6.00 Active Advanced David			

Where: Intercontinental Hotel 5/33 Cross St, Double Bay NSW 2028 PH: 9363 0490

Be Active	a class designed for those patients who require closer assistance and support in their exercises. These classes are slower paced, do not require participants to get down on the floor, and are excellent for our aged or injured members.
Active Foundation	a beginners class, teaching the fundamentals of rehabilitative exercises, e.g. body alignment, breathing, core contraction, fundamental movements.
Active Intermediate	Previously level 1+2. This class targets participants with a basic knowledge and experience in rehabilitative exercises and have achieved a sufficient level of competency required for more challenging and demanding exercise.
Active Advanced	Previously levels 3 & 4: This class progresses our exercises to a more demanding or challenging level, integrating a higher level of strength and conditioning, balance and proprioception (body awareness) into the repertoire.
Active Elite	This class targets patients who have fully rehabilitated from an injury and who have no contraindications to exercise. A high level of competency is required in these exercises classes as the intensity of exercises is high.
Active Fusion	
Reformer+ Foundation	Including various pilates apparatus (reformer, split pedal chair, Active) into our repertoire, these small group classes are great for members new to exercising with pilates Reformer+.
Reformer+ Experienced	This class increases the repertoire and intensity of the exercises in our Foundations class, and is great for members wanting that unique pilates Reformer+ experience.
POWer	A specific class for patients with Parkinson's Disease
Rehab Class	A gym-based small-group exercise rehabilitation program for patients who have some proficiency in the gym, requiring minimal supervision.



Price List and Conditions

Prices are listed for a package price of 10 classes

	5 Pack	10 Pack	20 pack
Be Active		\$450	\$810
Active Foundation	\$225		
Active Intermediate		\$380	\$680
Active Advanced		\$340	\$610
Active Elite		\$340	\$610
Active Fusion		\$450	\$810
Reformer+ Foundation		\$550	\$1,000
Reformer+ Experienced		\$500	\$900
POWER		\$400	
Active Rehab Class		\$450	\$810
Casual Class Active		\$50	
Casual Class Reformer+		\$60	

• **24 Hours notice is required** in order to be able to make up a class, otherwise you will forfeit that session.

This timetable is dependent on sufficient numbers wishing to attend each class. Bay Active Physio reserves the right to make changes to class start times and level of difficulty.