Leanne Ringelstein
Senior Pilates Instructor

Professional Contemporary Dancer for Australian Dance Theatre, Leigh Warren & Dancers, Expressions Dance Company & Dance North. Gained Pilates Certification (Mat work & equipment) in USA with over 15 years experience with the Pilates method. She has had extensive experience both nationally and internationally with dance & pilates, working with beginners to advanced levels.

Class timetable

	M	T	W	T	F	S	S
8am	e	e	e	e	m		
9am	e	e/m	e	e	e	e/m	
10am	e	e	e	m	m	e/m	
11am	e	e		e	m	e/m	
12pm			p	mo	p		
1pm	e	e	e	e		e/m	
2pm		e	e	e	e	e/m	
3pm	e	e	e	e	e	e	
4pm	e	e	e/c	e/c	e/m	e	
5pm	e/m	e/m	e/m	e/m	e/m		
6pm	e/m	e/m	e/m	e/m	e/m		
7pm	e/m	e/m	e/m	e/m	e		

mo = Mother's class e = Equipment m = Mat work
c = Children's class 8-12yrs p = Pensioner's class

Please call **08 8340 9966** to book.

Benefits of Pilates

- Improves posture, body awareness, fluidity of movement.
- Increases tone, strength and flexibility.
- Decreases pain and stiffness, especially for back and neck.
- Develops flatter, firmer abdominal muscles.
- Injury prevention.
- Safe for antenatal and postnatal women.
- A fitness regime for all ages and ability.

queen st **pilates** studio

Class format - Mat work

- A six week block of classes learning the basic principles of Pilates
- Classes are 1 hour duration
- Classes are limited to small groups (maximum of 6 people)
- Participant should wear non-restrictive comfortable clothing and socks.
- Individual programs are provided on request.

Class format -Equipment

- Initial assessment to ascertain the best possible program for the individual. 1 hour duration.
- Individual Pilates Sessions. The participant learns his/her program. 1 hour duration.
- Group Pilates sessions (maximum of 3 people)
- Classes can be paid each session or in blocks of 10 to receive a discount.

What is Pilates

Pilates is a fitness regime that improves your body awareness, posture and breathing patterns, increases core stability for the spine and improves flexibility for the whole body. It also strengthens and tones, creating long lean muscles without placing pressure on the joints. Emphasis is on quality of movement not quantity, which leaves the body feeling relaxed and energised. The classes are performed on specialized equipment or mats and enhances cardio, sport or rehab exercises.

For the Pilates addict

- Pilates Instructor Training Certification Course (for both Mat work & equipment).
- Pilates 3-5 day retreats incorporating Pilates, personal training, massage, organic food and accommodation.

For more information call **08 8340 9966**

Location

7 -9 Queen Street,
Croydon SA 5008

1 minute walk from Croydon Train station (only 2 stations from city)