

## Appointments\*

Bookings are preferred to ensure equipment is available when you visit and places are available in mat classes. We ask that you either have regular booking times or make your next booking as you leave.

### • Pilates Assessments & Reviews

Your initial reformer assessment and subsequent program reviews are a one-on-one personalised assessment with a pilates instructor. Please arrive 15 minutes prior to your initial assessment to complete paperwork. Should you need to cancel or reschedule an assessment or review appointment, 24 hours notice is required or you may be charged in full.

### • Regular Booking

We can allocate you a specific time/s every week to work on your program. Please advise us if you are unable to attend (with 24 hours notice).

### • Casual Booking

You may prefer to book your next session as you go especially if your schedule changes frequently.  
Note: your preferred class or time may be unavailable during busy periods if not booked in advance.

## What to Wear

You will be most comfortable in casual, flexible clothing. You will also need to bring a personal bath towel, socks (essential) and water bottle.

## Showers

Studio P&Q has an on-site shower for client use after your pilates session. Please bring your own personal items.

## Parking

Studio P&Q is located at Level 1, 719 Sturt Street (between Raglan and Errard Streets). Entry is via the door to the right hand side of Peace & Quiet.

## Health Insurance Rebates

Rebates will be available from most private health funds enabling you to claim the cost of your initial assessment and subsequent program reviews.

## Respecting Everyone's Peace & Quiet

- Please ensure your mobile phone is switched off.
- Please be courteous if waiting for equipment.
- Preference will be given to those with prior bookings.

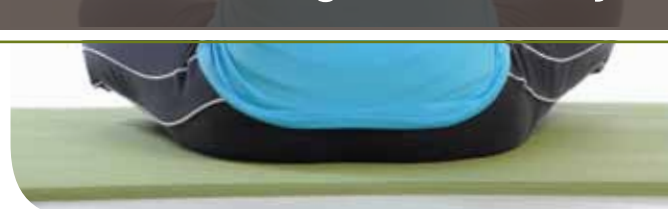
*\*All bookings are made at reception. Bookings are highly recommended for mat classes to avoid disappointment.*

Studio P&Q, Level 1  
719 Sturt Street  
Ballarat Victoria 3350  
(03) 5332 1694  
[www.peaceandquiet.biz](http://www.peaceandquiet.biz)

*Studio P&Q (Peace & Quiet) is owned and operated by UFS Dispensaries. UFS members receive 10% discount on all prices for assessments, reviews and memberships. Direct debit can be arranged. Membership entitles you to unlimited equipment use or classes (subject to availability) for the period of the membership. Memberships are non-transferable and non-refundable. You may apply for membership suspension for periods longer than one month in special circumstances (eg injury, illness or extended leave). A 10 Visit Pass is valid for 10 visits over an unlimited time period. The purchase of a membership or pass can be arranged as a gift with a Peace & Quiet voucher (as per standard conditions).*



“Exercising the body, mind and soul”



Studio P&Q fits with Peace & Quiet's holistic philosophy to increase clients' sense of wellbeing and life balance.

Pilates exercises the body and mind, and provides an active, invigorating and energising workout.

Studio P&Q offers a private and welcoming environment to take some time for yourself.

STUDIO P&Q  
pilates • yoga • meditation

## What is Pilates?

The pilates method of exercise was developed by Joseph Pilates in the 1920s. Floor pilates is practiced on mats and your body provides the resistance, while reformer pilates uses a variety of specially-designed pilates equipment.

## Benefits of Pilates

Pilates is for everyone no matter what age or fitness level. Pilates can:

- Strengthen weak muscles
- Lengthen tight muscles
- Improve sports performance
- Develop a sculpted and slender figure
- Increase stamina
- Reduce stress levels
- Refine posture
- Enhance flexibility, strength and tone

“A person who loves their body radiates esteem, confidence and happiness”



## Pregnancy Pilates

Pilates is the perfect exercise program for strength and stability during and after pregnancy. Pre and post natal classes focus on pelvic floor strength, core strength, stretching and strengthening of muscles to support the changes that occur in your body both during and after pregnancy.

With a maximum of six participants, our small classes ensure attention to detail and specific exercise programming. We recommend attending classes at least twice a week during pregnancy (with clearance from your doctor).

## Mat Pilates Classes (1 hour)

An invigorating non-impact workout that focuses on the deeper muscles of the body. Continuous movements coupled with controlled breathing is designed to tone, strengthen and mobilise the whole body.

Each class is limited to small numbers to ensure you receive personalised attention and that your instructor is always available to assist. Our instructors also incorporate equipment such as balls, foam rollers and circles to challenge and extend you. We recommend 2 to 3 classes per week.

## Reformer Pilates Program

This system of pilates uses equipment that facilitates many different exercises. Reformers help improve balance, strength and flexibility through assistance and resistance exercises. These exercises will increase stamina and endurance, and improve posture, alignment and coordination.

Your initial assessment is a one-hour private session where we discuss and begin to teach the basic principles of pilates. We'll evaluate your fitness levels and assess all past physical issues and current strengths and ability.

From this assessment you will be given your own individually tailored program. As you change and develop, your program will be revised. You work independently on your program, but will be indirectly supervised by the pilates instructor.

## Maximum Results

Ultimate results come from a combination of mat and reformer workouts. Mat work is a full body conditioning workout, where your body provides the resistance. The reformer targets specific muscle groups and ranges of movement.

## Pilates Professionals

Studio P&Q pilates instructors are fully qualified. Our instructors have been trained in the Menezes method of functional pilates. Our method of pilates uses breathing and your core muscles to create inner strength and a more shapely body.

