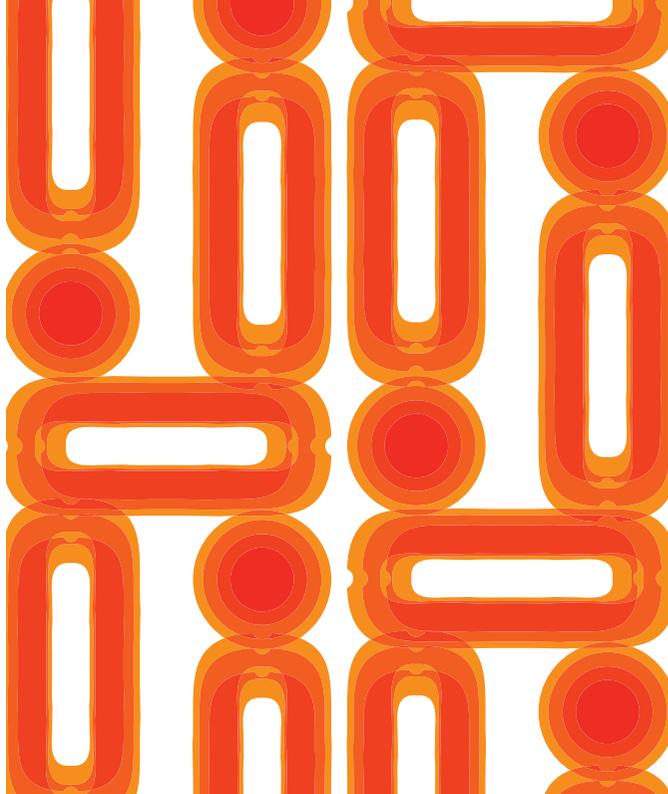




EXERCISE TIMETABLE

224 Main St, Mornington 3931
Ph 5973 9500
Email mojo@mymojo.com.au
Web www.mymojo.com.au



EXERCISE AT MYMOJO.

Have you lost your mojo? It's when inside doesn't seem to fit with outside, you lose your confidence, your balance, your mojo. At Mymojo we have a relaxed, unique atmosphere to get you back in balance.

Physiotherapist Rodney Rosetto with over 10 years experience has created a unique formula to regain the balance between you and your body.

Utilising our program which encompasses a step wise approach to achieving your health and fitness goals, you can start with the basics utilising pilates one-on-one sessions. Then progress into pilates small group classes with individualised programs and then step into pilates large group classes where you can further your experience in the pilates method.

Having achieved your health goals, the fun really begins with the introduction of your fitness regime. For a step up to the next level experience Strong and Stable, a fitness class that bridges the gap between health and fitness and for an extra challenge move into TRX advanced core training program targeting every part of yourself including your mental toughness!

Now at mymojo we can accommodate you at any level of health and fitness.

Classes focus on building strength, improving flexibility and preventing injury. We use a combination of equipment including a pilates reformer, TRX suspension training, balls, sticks, weights, resistance bands and more. Small class sizes, quality instruction, and a huge emphasis on technique correction and control provide exceptional results.

Why not stay after your class and enjoy a coffee or lunch in our unique waiting room... A coffee shop! Casual classes and packages are available. So what are you waiting for? Book in today.

BOOKINGS

Bookings are essential due to small class sizes please phone 5973 9500 to book or for further information.

EXERCISE CLASS PACKAGES

HEALTH CLASSES

PHYSIOTHERAPIST ONLY

PILATES ONE ON ONE \$73

If you are recovering from an injury or are new to the pilates method then this is imperative to understand and get the most out of your session.

PILATES SML GROUP FLEXIBLE \$400 (10 SESSIONS)

PILATES SML GROUP FIXED \$360 (10 SESSIONS)

If you would like more individualised attention and require a specific workout designed and tailored for you following on from your one on one sessions, then this is for you! Small groups of up to 4 people, classes taken by a qualified physiotherapist, work on your goals and achieve success with this supervised personalised approach to training. See our terms and conditions re: flexible vs. fixed packages.

PILATES SML GROUP CASUAL CLASS \$45

PILATES LGE GROUP FLEXIBLE \$225

PILATES LGE GROUP FIXED \$200

Why choose a large group package? Focus on your core and stay strong, stable and healthy with a generic program designed to make you work hard whilst staying true to the traditional pilates principles. Utilising a combination of mat work, balls, light weights, sticks and therabands it's a great way to work your core and sustain a healthy lifestyle...for those that want to work a little harder. See our terms and conditions re: flexible vs. fixed packages.

PILATES LRG GROUP CASUAL CLASS \$30

FITNESS CLASSES

PHYSIOTHERAPIST AND PERSONAL TRAINERS

LGE FITNESS GROUP PACKAGE 10 PACK \$125

Want to get strong and fit, bridge the gap between health and fitness. Structure your workouts around work and life's challenges? Take out a 10 pack and use it over a 3 month period.

FITNESS LGE GROUP CASUAL CLASS \$15

TRX LGE GROUP PACKAGE 1 10 PACK \$125

Want advanced core training, structure your workouts around work and life's challenges? Take out a 10 pack and use it over a 3 month period.

TRX LGE GROUP PACKAGE 2 UNLIMITED \$150

For real fitness enthusiasts. Want to get strong, fit and ready to take on anything? This package is for you. Unlimited sessions for 1 month... What are you waiting for?

TRX LGE GROUP CASUAL CLASS \$15

TERMS & CONDITIONS

- Cancellation policy applies to all services. Notice to cancel within 6 working hours of the start time for one on one pilates will attract a payment of \$50. Small group classes will attract a payment of \$30.
- Please note we are closed on Saturday afternoons and Sundays when cancellations cannot be accepted.
- Flexible Packs – All sessions are to be used within the designated time frame for each pack purchased (10 pack 3months). If expiration of pack occurs, your remaining sessions left may be reactivated on purchase of the same number of sessions remaining. In addition, this process will incur a \$25 admin fee. However all unused sessions expire after 6 months.
- Fixed Packs – All sessions are pre booked for predefined dates and period and must be used within 12 weeks. Booked sessions may be reviewed and changed after each six sessions completed. No cancellations or changes are possible outside of these times.
- All Pilates participants require an Initial assessment and must sign a waiver.
- Timetable subject to change depending on enrolment numbers
- Full payment required prior to attending classes
- Package starts at time of signing
- Holiday holding fee available up to 4 weeks \$10/week requests must be received in writing
- Not transferable
- Sorry, no refunds

Why not try before you buy! Free trial class – no "lock in" contracts to fill in, no strings attached... No risk and know what you are up for... Up front. (Available with your first package only) (Available for pilates large group only).

(Private Health Rebates available with private health extras cover [check your health fund] with classes taken by a physiotherapist)

* Timetable subject to change depending on enrolment numbers

HEALTH FITNESS

EXERCISE TIMETABLE	SML GROUP CLASSES {40 MINS}	LRG GROUP CLASSES {1 HOUR}	FITNESS GROUP CLASS {1 HOUR}	TRX LRG GROUP CLASS {45 MINS}
	INTRO	BEGINNER	INTERMEDIATE	ADVANCED
MONDAY	1:00 - 1:40 PM 4:00 - 4:40 PM 5:20 - 6:00 PM 6:00 - 6:40 PM	5:30 - 6:30 PM	9:15 - 10:15 AM	6:45 - 7:30 PM
TUESDAY	9:20 - 10:00 AM 1:00 - 1:40 PM	6:30 - 7:30 PM 7:30 - 8:30 PM		
WEDNESDAY	4:20 - 5:00 PM 5:00 - 5:40 PM 6:00 - 6:40 PM 6:40 - 7:20 PM 7:20 - 8:00 PM	9:30 - 10:30 AM		6:00 - 6:45 AM
THURSDAY	1:00 - 1:40 PM 4:00 - 4:40 PM	11:00 - 12:00 PM 5:30 - 6:30 PM 7:30 - 9:00 PM		
FRIDAY	9:20 - 10:00 AM 1:00 - 1:40 PM			6:00 - 6:45 AM
SATURDAY	9:00 - 9:40 AM 9:40 - 10:20 AM 10:40 - 11:20 AM 11:20 - 12:00 PM	8:00 - 9:00 AM 10:00 - 11:00 AM		9:00 - 9:45 AM

* Please match the class colour bar with your corresponding time colour bar

HEALTH CLASSES

- PILATES SML GROUP CLASSES**
Enables specific focus on technique and control. Our programs are individually tailored to your specific needs. These classes use the reformer, fitballs, balance discs, resistance bands and more.
- PILATES LRG GROUP MAT CLASSES**
Programs are designed by physiotherapists who are experts in knowing what your body needs to perform at its best! Classes combine generic stretching, strengthening and stabilising exercises on the mat, using fitballs and resistance bands.
- PILATES PRE NATAL GROUP MAT CLASSES**
Get yourself strong and ready for your pregnancy. A great way to develop awareness and stretch and strengthen the pelvis, core and hips.
- PILATES POST NATAL GROUP MAT CLASSES**
Perfect for the mother with young children - welcome to bring your child in to the class! Great to socialise with other mothers & children and get your fitness back at the same time without the hassle of needing a babysitter.
- SPORTS REHAB**
Specific sports rehab class for sporting teams. Enquire for more details

PRE NATAL YOGA

YOGA

Yoga is a form of exercise that uses slow movements and stretching. It is good for increasing flexibility and balance. It is also good for relieving stress and promoting relaxation

FELDENKRAIS METHOD CLASSES

Physiotherapist instructor. An exercise class to re-educate the brain to enable the body to move more naturally and easily.

FITNESS CLASSES

LRG GROUP TRX CLASSES

Programs are aimed at people who are well trained and have been actively involved in strength and cardio fitness. Classes combine strengthening and stabilising exercises with high intensity interval training utilising the TRX suspension training system. This program is advanced core training and is tough!

LGE GROUP STRONG AND STABLE CLASSES

Strong and Stable is a fitness class that bridges the gap between health and fitness facilitating improved postural and movement awareness whilst boosting your strength and physique. This class combines fitballs and dumb bells to provide a workout that trains balance, core stability and outer strength simultaneously.

mymojjo

PHYSIOTHERAPY • EXERCISE STUDIO • PILATES • CAFE