



WHAT IS REFORMER PILATES?

Reformer Pilates is a Pilates method that uses an apparatus known as the Pilates Reformer. While the equipment might look odd at first, the Reformer is an incredibly versatile piece of equipment, whether you're rehabbing an injury or wanting a head-to-toe workout. Invented by the German Pilates Method founder, Joseph Pilates, in the 1920s, the Reformer machine was – true to its name – built to 'reform' the body. This piece of specialist equipment consists of a bed-like frame with a sliding platform or carriage and a system of springs, pulleys and ropes. The carriage moves on wheels back and forth within the frame, with the adjustable springs at the foot of the bed creating varying levels of resistance. Reformer Pilates is available on the VIP Gold Membership at Strand Fitness. All classes are held at Strand Fitness Central - 389 Woolcock Street, Garbutt.

WHY YOU'LL LOVE REFORMER PILATES

Full body workout (low impact, but high intensity): Using a Reformer to perform specific, individualised movements will give you a balanced, full body workout. The subtlety of the springs on a Reformer, globally strengthens the whole body to not just target the large muscle movers, but also activate the smaller stabilisers. Where there is uneven weakness, you are also able to work unilaterally to focus on and correct imbalances.

Builds strength and tones muscles: Reformer Pilates allows you to move through full range while working on strengthening muscles. This dynamic form of exercise cleverly uses the machine's springs and levers to create resistance and allow for equal focus on the concentric and eccentric contractions to create long, lean, toned muscles. It not only targets major muscle groups, but also the small stabilising muscles are called to action when working on a reformer machine.

Improves core and posture: Many of the exercises performed on a Reformer machine target the core whilst working the peripheral postural muscles at the same time. A stronger core is essential for ideal posture.

BOOKING ETIQUETTE

Class booking cut-off time is 30 minutes. To book with less than 30 minutes before the class starts, please call us to ensure a spot is available. Failure to cancel at least two hours prior may result in a \$5-20 late cancellation fee charged to you. With limited spots available, this is to ensure no one misses out on their favourite class.

No booking, no attendance. All classes, sessions and creche sessions must be booked in via the app. If you are having trouble accessing the app, please see us at reception.

If you are unable to make the class, session or creche session, please cancel your booking through the app to allow others the chance to attend.

If you don't attend and don't cancel prior to the class, session or creche session starting, a \$5-20 no show fee will be charged to you. This is to ensure no one misses out on their favourite class.

DOWNLOAD APP

MyClub Fitness App



IOS



ANDROID



WEBSITE

Manage your membership, book classes and creche through the app! See us at reception if you require assistance.

SF
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REFORMER
PILATES

INSTRUCTOR LEAD & VIRTUAL TIMETABLE

STRAND
FITNESS

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REFORMER PILATES

INSTRUCTOR LEAD & VIRTUAL TIMETABLE

Timetable effective Monday 27th April 2026

	MON	TUES	WED	THUR	FRI		SAT	SUN
12:30AM	VIRTUAL BEGINNER	VIRTUAL STRETCH & FLOW	VIRTUAL ATHLETIC	VIRTUAL GENERAL	VIRTUAL STRETCH & FLOW	12:30AM	VIRTUAL GENERAL	VIRTUAL BEGINNER
1:30AM	VIRTUAL GENERAL	VIRTUAL BEGINNER	VIRTUAL ABS, BUTTS & THIGHS	VIRTUAL BEGINNER	VIRTUAL GENERAL	1:30AM	VIRTUAL ATHLETIC	VIRTUAL STRETCH & FLOW
2:30AM	VIRTUAL BEGINNER	VIRTUAL ABS, BUTTS & THIGHS	VIRTUAL BEGINNER	VIRTUAL ATHLETIC	VIRTUAL ABS, BUTTS & THIGHS	2:30AM	VIRTUAL BEGINNER	VIRTUAL GENERAL
3:30AM	VIRTUAL ATHLETIC	VIRTUAL GENERAL	VIRTUAL STRENGTH & STRETCH	VIRTUAL STRETCH & FLOW	VIRTUAL ATHLETIC	3:30AM	VIRTUAL GENERAL	VIRTUAL ATHLETIC
4:30AM	VIRTUAL GENERAL	VIRTUAL BEGINNER	VIRTUAL STRETCH & FLOW	VIRTUAL GENERAL	VIRTUAL BEGINNER	4:30AM	VIRTUAL BEGINNER	VIRTUAL STRETCH & FLOW
5:15AM		VIRTUAL ATHLETIC		VIRTUAL BEGINNER		5:30AM	VIRTUAL ATHLETIC	VIRTUAL STRENGTH & STRETCH
6:15AM		VIRTUAL GENERAL		VIRTUAL STRETCH & FLOW		6:30AM	VIRTUAL ABS, BUTTS & THIGHS	VIRTUAL GENERAL
7:30AM	VIRTUAL STRENGTH & STRETCH	VIRTUAL STRETCH & FLOW	VIRTUAL ATHLETIC	VIRTUAL BEGINNER	VIRTUAL STRENGTH & STRETCH	7:30AM	VIRTUAL GENERAL	VIRTUAL BEGINNER
8:30AM	VIRTUAL FULL BODY EXPRESS	VIRTUAL FULL BODY EXPRESS	VIRTUAL GENERAL	VIRTUAL ABS, BUTTS & THIGHS	VIRTUAL FULL BODY EXPRESS	8:15AM		VIRTUAL ABS, BUTTS & THIGHS
9:15AM			VIRTUAL STRETCH & FLOW	VIRTUAL ATHLETIC		9:15AM		VIRTUAL BEGINNER
10:30AM	VIRTUAL GENERAL	VIRTUAL BEGINNER		VIRTUAL GENERAL		10:15AM		VIRTUAL GENERAL
10:45AM						10:45AM		
11:30AM	VIRTUAL BEGINNER	VIRTUAL GENERAL	VIRTUAL ABS, BUTTS & THIGHS	VIRTUAL STRETCH & FLOW	VIRTUAL ATHLETIC	11:30AM	VIRTUAL STRETCH & FLOW	VIRTUAL ATHLETIC
12:30PM	VIRTUAL FULL BODY EXPRESS	VIRTUAL FULL BODY EXPRESS	VIRTUAL FULL BODY EXPRESS	VIRTUAL FULL BODY EXPRESS	VIRTUAL FULL BODY EXPRESS	12:30PM	VIRTUAL FULL BODY EXPRESS	VIRTUAL FULL BODY EXPRESS
1:15PM		VIRTUAL FULL BODY EXPRESS		VIRTUAL FULL BODY EXPRESS		1:15PM	VIRTUAL FULL BODY EXPRESS	VIRTUAL FULL BODY EXPRESS

	MON	TUES	WED	THUR	FRI		SAT	SUN
2:00PM	VIRTUAL GENERAL	VIRTUAL BEGINNER	VIRTUAL ABS, BUTTS & THIGHS	VIRTUAL STRETCH & FLOW	VIRTUAL ATHLETIC	2:00PM	VIRTUAL ATHLETIC	VIRTUAL BEGINNER
3:30PM	VIRTUAL ATHLETIC	VIRTUAL STRETCH & FLOW	VIRTUAL GENERAL	VIRTUAL STRENGTH & STRETCH	VIRTUAL GENERAL	3:30PM	VIRTUAL ABS, BUTTS & THIGHS	VIRTUAL GENERAL
4:30PM		VIRTUAL ATHLETIC		VIRTUAL ABS, BUTTS & THIGHS		4:30PM	VIRTUAL STRENGTH & STRETCH	VIRTUAL BEGINNER
5:30PM					VIRTUAL BEGINNER	5:30PM	VIRTUAL BEGINNER	VIRTUAL GENERAL
6:30PM					VIRTUAL ATHLETIC	6:30PM	VIRTUAL STRETCH & FLOW	VIRTUAL GENERAL
7:30PM	VIRTUAL BEGINNER	VIRTUAL STRENGTH & STRETCH	VIRTUAL STRETCH & FLOW	VIRTUAL BEGINNER	VIRTUAL STRETCH & FLOW	7:30PM	VIRTUAL BEGINNER	VIRTUAL ABS, BUTTS & THIGHS
8:30PM	VIRTUAL GENERAL	VIRTUAL BEGINNER	VIRTUAL GENERAL	VIRTUAL STRETCH & FLOW	VIRTUAL BEGINNER	8:30PM	VIRTUAL GENERAL	VIRTUAL STRETCH & FLOW
9:30PM	VIRTUAL STRETCH & FLOW	VIRTUAL GENERAL	VIRTUAL ABS, BUTTS & THIGHS	VIRTUAL BEGINNER	VIRTUAL GENERAL	9:30PM	VIRTUAL ABS, BUTTS & THIGHS	VIRTUAL GENERAL
10:30PM	VIRTUAL ATHLETIC	VIRTUAL ABS, BUTTS & THIGHS	VIRTUAL BEGINNER	VIRTUAL ATHLETIC	VIRTUAL GENERAL	10:30PM	VIRTUAL BEGINNER	VIRTUAL ATHLETIC
11:30PM	VIRTUAL BEGINNER	VIRTUAL GENERAL	VIRTUAL STRETCH & FLOW	VIRTUAL GENERAL	VIRTUAL ABS, BUTTS & THIGHS	11:30PM	VIRTUAL STRETCH & FLOW	VIRTUAL BEGINNER

Virtual Class will vary from 30 minutes to 55 minutes. Class times, class types, class styles and Reformer beds available are subject to change. Class schedules may change due to public holidays and seasonal hours

VIRTUAL CLASSES

Virtual Beginner

Perfect for first-timers! Learn the foundations of Reformer Pilates while building core strength and stability.

Virtual General

A full-body Reformer workout for all levels. Tone, strengthen, and improve balance in every session.

Virtual Athletic

Push your limits with this high-intensity Reformer Pilates class. Build strength, endurance, and lean muscle from head to toe.

Virtual Stretch & Flow

Unwind, stretch, and move with ease. Improve flexibility, posture, and body awareness in a flowing Reformer session.

Virtual Abs, Butts & Thighs

Sculpt and strengthen your core, glutes, and legs. Targeted exercises for a toned, powerful lower body.

Virtual Strength & Stretch

The best of both worlds. Build functional power with high-resistance work, then finish with deep, restorative stretches to leave you feeling strong and refreshed.

Foundations of Reformer Pilates

New to Reformer Pilates? Learn the basics, master the equipment, and build a strong foundation in this beginner-friendly session.

Instructor Lead Classes

Show up and let our instructors guide you! Fun, challenging, and suitable for all levels, these classes help you progress, see results, and meet new people.

Jump Board

Boost strength, balance, and heart health with high-energy Jump Board Pilates. Low-impact, full-body jumps keep you strong, fit, and having fun!

INSTRUCTOR LEAD CLASSES



Special Grip Socks To Attend Classes

Special grip socks are required to participate in all instructor and virtual classes. These socks help promote a clean and sanitary reformer bed and make practicing Reformer Pilates safer. The non-slip grip is designed to help you move through your workouts in a safe and comfortable way. These are available to purchase at various shops, online and we have limited pairs at reception.