

Class Descriptions

Group Classes

Xtend Barre:	A fast paced 60 minute, total body workout that fuses dance, Pilates and sculpting exercises at the ballet barre to give you a chiseled body, and fast.
Xtend Barre Technique:	Is a great place to start and also a great place to continue if you need to build your fitness or if you have any injuries that require us to modify some of the repertoire for you.
Xtend Barrecamp:	A special, once-per month, 90 minute advanced Xtend Barre class with a strong cardio focus. Take your Xtend workout to the next level.
Beginner Barre:	A 4 week workshop series that focuses on slowing down and learning the intricacies of ballet and Pilates techniques that can then be applied to the normal Xtend Barre classes.
Babies on Board Xtend Barre:	A 55-60 minute Xtend Barre class designed for the post natal mum and her bub. Bring your baby with you and 'wear' them during some of the class in a wrap, sling, ergo or bjorn.
Xtend Petites:	A fun and interactive dance and movement class for 2-6 year olds. Using principals of ballet and movement, your little Xtender will LOVE this class. A parent must be onsite, and can join in the Xtend Barre class in the other studio, or wait in the client lounge.
Xtend Barre Stick:	The Xtend Barre Stick is a 60 minute workout that utilizes the Pilates Stick attached to the ballet barre to add resistance to your Xtend Barre workout. This class will build your cardio endurance, upper body strength and core stability. Build upon the traditional Xtend Barre workout with a bit less dance, but a lot of Xtend Barre grace combined with added strength, stability and core training.
Xtend Barre Stick Fusion:	Your regular Xtend Barre class combined with the abdominal section from the Xtend Barre Stick class
Xtend Surprise:	Xtend Surprise is your regular fast paced Xtend Barre workout using different props each class, perhaps Fit Ball, perhaps the Foam Roller, perhaps TRX suspension equipment...who knows, it's a surprise!
Xtend Fit Ball:	Xtend Fit Ball is the ultimate Fit Ball workout, deeply challenging the body's balance and coordination. While deeply sculpting the Core, this fun and creative class is a total body workout. Xtend Fit Ball takes resistance and stability control exercise to a whole new level. If you want better posture, coordination and killer abs in an inspiring, supportive workout, this is the class for you.
Circuit 7:	A 45 or 55 minute class made up of series of 7 minute high intensity drills set to energetic music. This class is guaranteed to burn serious calories and build strength and stamina. Less dance, more cardio and HIIT (High Intensity Interval Training), Circuit 7 is the new face of Boot Camp style programs.
Xtend Stride:	Join us for a 20 minute run outdoors followed by 40 minutes of your favourite Xtend exercises at the barre.
Xtend Suspend:	This class combines the core elements of Xtend Barre with the TRX suspension trainer. Stabilization and balance are the key to this class and the workout brings on a whole new set of challenges.
TRX Core & Strength:	Using the TRX suspension equipment. No dance...ALL core and strength.
Adult Ballet:	A fun and relaxed adult ballet class aimed towards the beginner/intermediate level. No tutu's required, no dance experience necessary.
Pilates Circuit:	Using the Pilates Studio equipment including Reformers, Trapeze table, Stability chair, Spine corrector and many other small props, this is a circuit class for fit and healthy clients. <i>Prerequisite for Pilates Circuit: Must book for a 1:1 assessment and equipment lesson first.</i>
Pilates Mat:	Promotes strength, flexibility, stabilisation, posture and breathing. Using small props, with a strong focus on the core, the mat workout is fun, dynamic, and will keep you working hard.
Hatha Yoga:	A gentle Hatha Yoga class incorporating asanas (postures), breathing (pranayama), meditation and yoga philosophy. A class for all levels.
Yin Yoga:	To balance the "yang" side of a busy and rushed lifestyle, Yin Yoga focuses on postures that are held for 3-5 minutes each with the aim of lengthening the connective tissue of the body to increase elasticity, flexibility and mindfulness.
Indoor Power Cycle:	Elbows Akimbo Indoor Power Cycle Classes utilise state-of-the-art power-based fluid trainers to take your fitness to a new level. Just bring your bike and we'll do the rest.

Clinical Pilates

Pilates 1:1 and 3:1 Studio Equipment classes: For clients who require specific strength work or injury rehabilitation. Please ask at Southside Clinic for more information. Bookings essential.

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Contact Details

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Also 'Like' on **Facebook:** 'Andrea Robertson at The Nutrition Detective Solution' for healthy eating and wellness tips and recipes.