

Class Descriptions

Group Classes

Mums & Bubs Pilates:	A 60 minute 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.
Petites:	A fun and interactive dance and movement class for 2-6 year olds. Using principals of ballet and movement, your little one will LOVE this class. A parent must be onsite, and can wait in the client lounge.
TRX Core & Strength:	Using the TRX suspension equipment. No dance...ALL core and strength.
Workout with Andrea:	A free early morning class Mon/Tues/Thurs/Fri. Running for 45 minutes with an optional 15 minute stretch, you never know what you may get. Some days you may be inside doing squats, lunges or dance moves, and some days we may be outside running or training in the fresh morning air.
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.
Yinyasa Flow Yoga	A lovely flow yoga class, with some stronger poses for a great body and mind challenge.

Clinical Pilates

Pilates 1:1 and 4:1 Studio Equipment classes: For clients who require specific strength work or injury rehabilitation. Please ask at Southside Clinic for more information. Bookings essential.

Manager Email: pilates@southsideclinic.com.au

Contact Details

Southside Clinic

Address: 1 Hughes St, Unley SA

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BOOKINGS ESSENTIAL: BOOK ONLINE: www.southsideclinic.com.au

Manager Email: hello@southsideclinic.com.au

Follow us on **Instagram:** southsidefitness AND thenutritiondetectivesolution

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