

The Barre Clinic

Class Descriptions

Group Classes

Barre:	The Barre Clinic is unlike any other barre program you have done before. Modelled on the traditional structure of a ballet class, with barre work first, centre second and finishing with floor barre, your body will be taken on a safe and thorough journey. A journey where you are warmed up in the right way and you are doing kicks, jumps and cardio later in the class when your body is warm and ready. We have options to modify or amplify for any level of fitness and options to modify for injury or pregnancy. This class works you...you sweat and you burn...and all the way through the class, it just feels right on your body.
Mums & Bubs Barre:	during some of the class in a wrap, sling, ergo or bjorn. Exercises from Barre, Ballet, Pilates and Yoga classes. A 55 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. Exercises from Barre, Ballet, Pilates and Yoga classes.
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.
Barre Circuit:	An early morning class every Thursday. Running for 45 minutes with an optional 15 minute stretch, you never know what you may get...will it be squats and lunges, TRX, cardio, H.I.I.T, barre moves or Pilates?
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.
Yin yoga 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

Phone: 1300 10 11 22

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

Manager Email: hello@southsideclinic.com.au

Follow us on **Instagram:** thebarreclinic AND dr_andrearebertson

'Like' us on **Facebook:** 'The Barre Clinic' and 'Southside Clinic' - stay up to date with all our latest news and info!

Also 'Like' on **Facebook:** 'Dr Andrea Robertson - Osteopath' for healthy eating and wellness tips and recipes.
