APT

APT SMALL GROUPS 2021

Studio & Online

www.aptandpilates.com

TERM 1: Monday 1 Feb to Thurs 1 April 2021

All sessions 60 mins unless stipulated as 30 mins

MONDAY

6.30am Mindful Monday 30
9.15am BODYART

TUESDAY

6.30am Express 30
10.30am BODYART
alt Functional / Pilates Mat

WEDNESDAY

6.30am Express 30
11.15am Mobility Matters (fortnightly 10 Feb>)
6.15pm BODYART BASIC @Studio One

THURSDAY

6.30am BODYART

FRIDAY

9.15am Functional / Pilates Mat
alt BODYART

APT CLASS DESCRIPTIONS

bodyART Class (60 mins Studio/Online)

Complete mind, body & spirit barefoot on the mat

Great way to start or finish your day – flowing functional movement - alignment - core strengthening, cardio, stretching and relaxation. Learn the joys of bodyART training – see below for more info. Balance your mind, body, spirit Yin & Yang ☺

Express 30 (Online)

An energy boost 30 minutes of barre, Tabatas, pilates mat and more!
Get yourself moving and focused for the day in this quick morning motivator.

Mindful Monday (Online)

A 30 minute mobility & alignment session to start the week well.
Roll out of bed – grab your mat, move, connect, mobilise & breathe.

Mobility Matters (60 mins - Online)

APT's simple way to increase mobility, improve posture and lead a quality life. Accessing joint movements with an incremental process to progress, to then move the body as whole with synergy & joy. Suitable for the over 50's & those needing to improve overall mobility. No floorwork – barefeet and a chair required
'We cannot choose not to age, but we can choose HOW we age!'

Functional Fitness for Life / Pilates Mat (60 mins - Studio)

Combo of Strength, Cardio, Balance, Free weights, resistance, Barre, Pilates mat & Stretching, to give you maximum improvement to strength, fitness, flexibility and focus to take on whatever your life requires of YOU!

ONLINE

All online APT Sessions are live via Zoom – www.zoom.us
You will be emailed your Zoom link prior to the commencement date of the class.

STUDIO

Phoenix Studio - L1 – 656 Bridge Road, Richmond 3121 (all Tues & Friday Classes)
Free Parking around the corner in Yarra Blvd

Studio One – Richmond Community Learning Centre
Wed 6.15pm BODYART Basic
15 Barnett Way, Richmond 3121 (access via 32 Bendigo St)

What is a bodyART Class?

bodyART is a barefoot myofacial mat workout that creates a positive holistic synergy between mind, body and spirit. Breathe focussed flowing functional movement with ambient music, bodyART transitions through the five elements of Chinese Medicine; Earth, Wood, Fire, Metal and Water.

Based on the Yin and Yang philosophy, bodyART is a seamless fusion of movement inspired by tai chi, martial arts, yoga, dance, pilates and functional fitness as well as stretching and relaxation.

Just some of the benefits include improvements in strength and awareness, mobility and flexibility, cardio fitness, core strength and deeper levels of relaxation & sleep.

The class provides options thoughout, so every participant can choose the right balance of challenge & nurturing to suit themselves.

After the 60 minute bodyART session, participants often feel an incredible sense of physical freedom as well as emotional release and calmness. bodyART is uniquely non-competitve and non-judgemental, creating a sense of self confidence combined with self care & acceptance.

Term bookings EFT only - contact page of website www.aptandpilates.com/contact
Casual class bookings via https://musta.net.au/profile/trainer/APT

APT **APT PERSONAL TRAINING & PILATES** **0412 585181**

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