



INFORMATION PACK



PERFORMANCE CLASSES





WELCOME TO FORGE

Forge West End is an integrated health and fitness hub delivering Physiotherapy, Exercise Physiology, Women's Health, Clinical Pilates with a professional and highly skilled team.

Our team apply leading clinical research and take the time to develop a deeper understanding of your conditions and goals. As a result, our team will guide you through programs tailored to your fitness and wellness journey. Whether you're looking to get fitter, recover from injury or increase your athletic performance, we're here to help.

We believe that your health deserves the highest quality of care. We do things differently and as a result provide a premium service and unparalleled level of support.

THE FORGE WEST END DIFFERENCE

Small Group Classes - Clinical & Performance

Industry Leading Equipment

Integrated Approach



MEET THE TEAM



DIJANA RADOJEVIC
Clinic Director
Head of Physiotherapy



JESSICA MOREY
Senior Physiotherapist



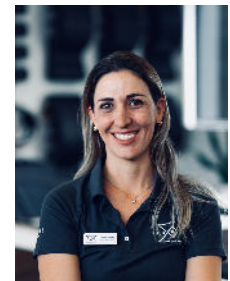
ASHLEIGH GILLIGAN
Physiotherapist



BILLY TROY
Senior Physiotherapist
Golf Practitioner



KRISTIN MURRAY
Exercise Physiologist
APPI Pilates Presenter



FERNANDA AMAY
Remedial Therapist
Physiotherapy Assistant



NATHAN SAGIGI
Strength & Conditioning Coach



AALIYAH KUVAWALA
Pilates Instructor



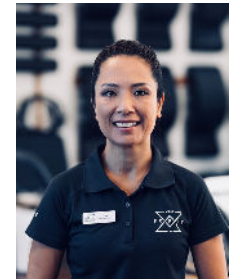
NESS BELVEDERE
Admin Manager
Pilates Instructor



ALICE SCURA
Pilates Instructor
APPI Pilates Presenter



SARAH DINSEY
Pilates Instructor



HA BOWTELL
Pilates Instructor

Check our website for full biographies: www.forgewestend.com.au



FORGE CLASSES

At Forge, we hold two categories of classes:

PERFORMANCE CLASSES

Part of our 10 day Trial, these include our Reformer Pilates, Studio Pilates & Strength and Conditioning classes with a strong emphasis on building strength, fitness and mobility while working safely. These classes are taken by comprehensively trained Pilates Instructors and our clinicians with a maximum of 6 clients per class.



Initial Assessment **NOT** required however is recommended.



Not claimable on private health

CLINICAL CLASSES

All classes have a maximum of 4 clients and have a strong rehabilitation focus. Each client has a specific program they follow that is designed specifically to meet their goals. These classes are taken by our highly qualified **Physiotherapists** and **Exercise Physiologists**.



Initial 60 min Consultation required with a Physiotherapist or Exercise Physiologist. A musculoskeletal assessment is completed as well as any injuries assessed so that an individual program can be created for you.



Claimable on private health



OUR TIMETABLE

Forge is continuously growing and so is our timetable. We work hard to give our clients what they want. Our studio has limited class numbers to offer our unique Pilates experience therefore we recommend you book and reserve well ahead of time. We recommend you follow the QR code below to see the latest timetable.

FOLLOW THIS QR CODE





UNLIMITED **10 DAY** TRIAL

Our 10 day unlimited trial offers you access to over 50 classes a week including Reformer Pilates, Studio Pilates, Strength and Conditioning and HIIT classes. Our classes are 60 mins in duration and designed by Physiotherapists and Exercise Physiologist with various levels offered from beginner through to advanced and in no time, you will develop a favourite class and healthy workout routine!

Our Pilates instructors are trained by many renowned Pilates schools from around the world including Polestar, Balanced Body and Studio Pilates however the governing teaching methods we use are from the clinical Pilates approach from the Australian Physiotherapy and Pilates Institute (APPI). The APPI Pilates Method is based on the most recent research relevant to Pilates and the 5 key principles that are taught in our classes help develop solid foundations for Pilates teaching.

For your safety in order to attend our **INTERMEDIATE CLASSES**, you must have completed at least 10+ Beginner Reformer Classes at Forge or another studio.





INITIAL ASSESSMENT

PERFORMANCE CLASSES

An initial assessment is not required to join our performance classes or 10 day trial. It is however highly recommended.

In our **Initial 30 min Pilates Screening** our team will conduct a few musculoskeletal tests in order to identify which classes will be best suited to you. If you book with our Physiotherapists or Exercise Physiologist you will also receive a Core Ultrasound Scan.

Ultrasound imaging is a powerful biofeedback tool that allows us to teach you **how to activate** the specific muscles that make up the 'core' and at the right time. It gives visual feedback & allows us to practice activating these muscles during movement

CLINICAL CLASSES

To join our clinical classes a **60 min Initial Consultation** is compulsory. These classes are based on your individual fitness goals and previous injuries and the initial is also required if you are claiming on private health.





BEGINNER REFORMER

This 'Beginner Reformer' class is the perfect place to start. Our comprehensively trained Pilates instructors will guide you through a 1 hour workout that will work through the Pilates basics and teach you about the equipment. With a maximum of 6 in a class, this small setting ensures every client has a lot of personal attention.



INTERMEDIATE REFORMER

A slightly faster pace with more complex movement patterns will mean your body and mind will be challenged in a safe and supportive environment. While this intermediate class is a step up from our Beginner Reformer class, you certainly don't require a lot of Pilates experience to attend.



STUDIO PILATES

Studio Pilates is how Pilates was traditionally taught, before group reformer classes became popular. In our Studio Pilates class, you'll workout on all the Pilates equipment which includes the Cadillac, Wundachair, Arc Barrell and the Ladder Barrel.

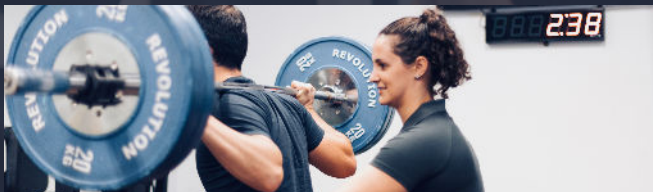


JUMPBOARD

The jump-board is a padded board that replaces the reformer's foot-bar providing an excellent and low impact way of increasing your heart rate. If you've never taken a jump-board class before, your legs are missing out! With multiple different ways to jump with not only your feet pushing off the jump-board (you'll use your arms too).



PERFORMANCE CLASSES



STRENGTH & CONDITIONING

This 'Weights' class is a high intensity strength training class that will quickly improve muscular strength and endurance. Run by Exercise Physiologists & Physiotherapists, every class you'll have close eyes watching your technique to ensure you workout safely – a must when working with weights and resistance.



STRETCH & TRIGGER

Enjoy our relaxing stretch and trigger class where the instructors take you through a variety of different stretches, teach you how to self mobilise and trigger your muscles and joints, and use a variety of different equipment such as the arc barrel, back balls, foam rollers and reformers to achieve longer and taller postures.



YOGA

Vinyasa, also called "flow" because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga.

This yoga class will also be taught with an element focusing on meditation and is the perfect class to add to your week. Run by our Physiotherapist trained pilates instructor Alice Scura.



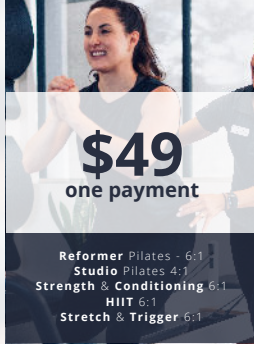
MUMS & BUBS

Our Mums and Bubs class is the perfect form of exercise to help your body recover after pregnancy and child birth. This class is on our reformer machines and allows for you to bring your new bub along to the class. An Initial Assessment with our Women's health Physiotherapist is required prior to attending.



PRICING OPTIONS

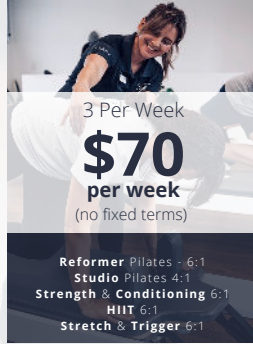
10 DAY Trial



\$49
one payment

Reformer Pilates - 6:1
Studio Pilates 4:1
Strength & Conditioning 6:1
HIIT 6:1
Stretch & Trigger 6:1

SILVER Membership



3 Per Week
\$70
per week
(no fixed terms)

Reformer Pilates - 6:1
Studio Pilates 4:1
Strength & Conditioning 6:1
HIIT 6:1
Stretch & Trigger 6:1

PLATINUM Membership



Unlimited Classes
\$85
per week
(no fixed terms)

Reformer Pilates - 6:1
Studio Pilates 4:1
Strength & Conditioning 6:1
HIIT 6:1
Stretch & Trigger 6:1

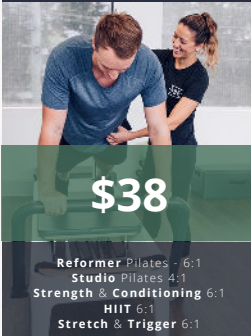
GOLD Membership



Clinical
\$95
per week
(no fixed terms)

1 x Clinical Class run by a
Physiotherapist or Exercise
Physiologist
2 x Performance Classes
CLAIMABLE ON PRIVATE HEALTH

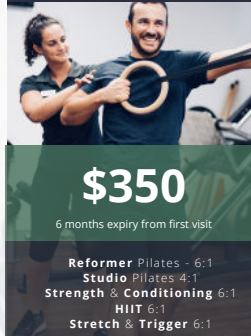
Casual Pass



\$38

Reformer Pilates - 6:1
Studio Pilates 4:1
Strength & Conditioning 6:1
HIIT 6:1
Stretch & Trigger 6:1

10 Class Pass

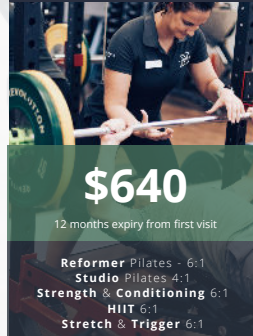


\$350

6 months expiry from first visit

Reformer Pilates - 6:1
Studio Pilates 4:1
Strength & Conditioning 6:1
HIIT 6:1
Stretch & Trigger 6:1

20 Class Pass

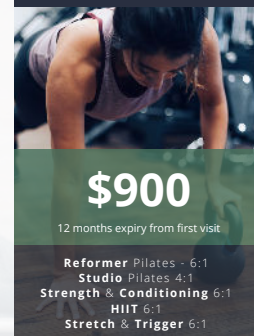


\$640

12 months expiry from first visit

Reformer Pilates - 6:1
Studio Pilates 4:1
Strength & Conditioning 6:1
HIIT 6:1
Stretch & Trigger 6:1

30 Class Pass



\$900

12 months expiry from first visit

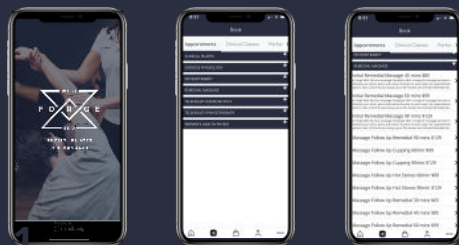
Reformer Pilates - 6:1
Studio Pilates 4:1
Strength & Conditioning 6:1
HIIT 6:1
Stretch & Trigger 6:1



GETTING STARTED

How to book
the **10 Day
Trial**

- 1** Make sure you have **downloaded** the **app**.
(free and simple to download - just search 'Forge Pilates' in your Apple or Android Store)
- 2** **Login** or **create an account**
- 3** **Click 'BUY'** and look for Reformer Pilates and Choose '10 Day Trial'
- 4** Press '**Check out**'
- 5** Maybe add a **reminder** to your calendar ☺



How to book
you **Initial
Appointment**

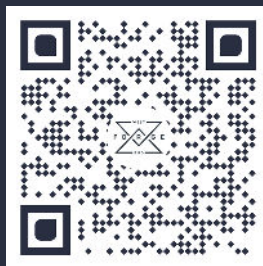
Make sure you have **downloaded** the **app**.
(free and simple to download - just search 'Forge Pilates' in your Apple or Android Store)

Login or **create an account**

Click 'BOOK' and choose the appointment
you want. For Pilates, we recommend Initial
Pilates Screen with Instructor.

Select your Day and Time and **Book**

Maybe add a **reminder** to your calendar ☺



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PHYSIO PILATES
PERFORMANCE