

REFORMER *Pilates*

*Premium
Experience.
Local Prices.*



A dedicated Reformer Pilates Studio is coming to DRLC.

BENEFITS

-  Build strength
-  Improve flexibility
-  Enhance balance and posture
-  Support recovery and injury prevention*
-  Increase mobility and movement confidence
-  Feel stronger, fitter and more energised

**Medical clearance may be required for some injuries or health conditions.*

 **REFORMER PILATES CASUAL CLASS**
\$30

 **REFORMER PILATES CASUAL CLASS - CONCESSION**
\$16.80

✓ REFORMER PILATES ACCESS



MOVE
Better



BREATHE
Deeper



FEEL
Stronger



BELONG
Together

PLUS
We have an
on-site Creche.



 **PREMIUM PLUS MEMBERSHIP**

\$54 Weekly

 **PREMIUM PLUS MEMBERSHIP - CONCESSION**

\$31.20 Weekly

- ✓ REFORMER PILATES ACCESS
- ✓ GYM ACCESS
- ✓ POOLS ACCESS

- ✓ GROUP FITNESS CLASSES ACCESS
- ✓ MEMBERS BENEFITS
- ✓ ONLINE BOOKING



Premium Experience. Local Prices.

FAQ



Do I need experience before starting?

No experience is required. Our qualified instructors will guide you through the movements and help you become familiar with the reformer equipment.



How long are the classes?

All Reformer Pilates classes run for 45 minutes.



How many people are in each class?

Our studio features 13 reformer beds, allowing for small-group classes and personalised instructor support.



Do I need grip socks?

Grip socks are not required, however we recommend them for comfort and stability during your workout.



Can I use my Fitness Passport membership for Reformer Pilates classes?

Fitness Passport memberships do not include Reformer Pilates classes.



Is Reformer Pilates included in my membership and what are my payment options?

Reformer Pilates is not included in a standard DRLC membership. You can upgrade to a DRLC Premium Plus Membership, which includes Reformer Pilates classes as part of your membership. Alternatively, you can pay the casual class fee or purchase a 10-visit pass.

Call us directly on 9093 6300

Or email drlc@randwick.nsw.gov.au



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drlc.com.au