



WELCOME TO YOUR

*Pilates
Foundation
Journey*



YOUR GUIDE TO FEELING CONFIDENT, STRONG AND
COMFORTABLE ON THE REFORMER



WELCOME TO PERFORMAX PILATES!

Starting something new can feel exciting — and sometimes a little overwhelming. Our Foundation Program has been designed to help you build confidence, understand your body, learn the fundamentals of reformer Pilates, and create the foundations for a strong and consistent Pilates journey.

This guide will help you understand:

- How the reformer works
- What to expect in your classes
- The different types of classes available at Performax
- How to get the most from your Pilates practice

Remember: everyone starts somewhere. Your goal is not perfection — it's progress.

*The Performax
Pilates Team*



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WHAT IS REFORMER PILATES?

The reformer is a specialised piece of Pilates equipment designed to challenge your strength, control, stability, and mobility.

Unlike traditional strength training where you lift weights against gravity, the reformer uses spring resistance to create challenge while also providing support.

The reformer allows you to:

- Build full-body strength
- Improve posture and alignment
- Develop core control
- Increase mobility and flexibility
- Improve balance and coordination
- Move with greater confidence

One of the biggest benefits of reformer Pilates is that exercises can be adjusted to suit your ability. Whether you are brand new to exercise or an experienced mover, the reformer can meet you where you are.





STRONGER
STARTS
HERE

UNDERSTANDING YOUR REFORMER

Before your first class, it helps to understand the different parts of the machine.

Platform

Non-movable part that provides support and stability.

Headrest

Provides support for the head and neck.

Footbar

Provides support for the hands, legs, and feet.

Shoulder rest

Provides support and helps with proper positioning.

Frame

The frame of the reformer that holds the equipment together.

Springs

Control the resistance; each spring has a different strength.

Short Straps

Used for resistance exercises for arms and legs.

Carriage

The moving part that slides during exercises.

Long Straps

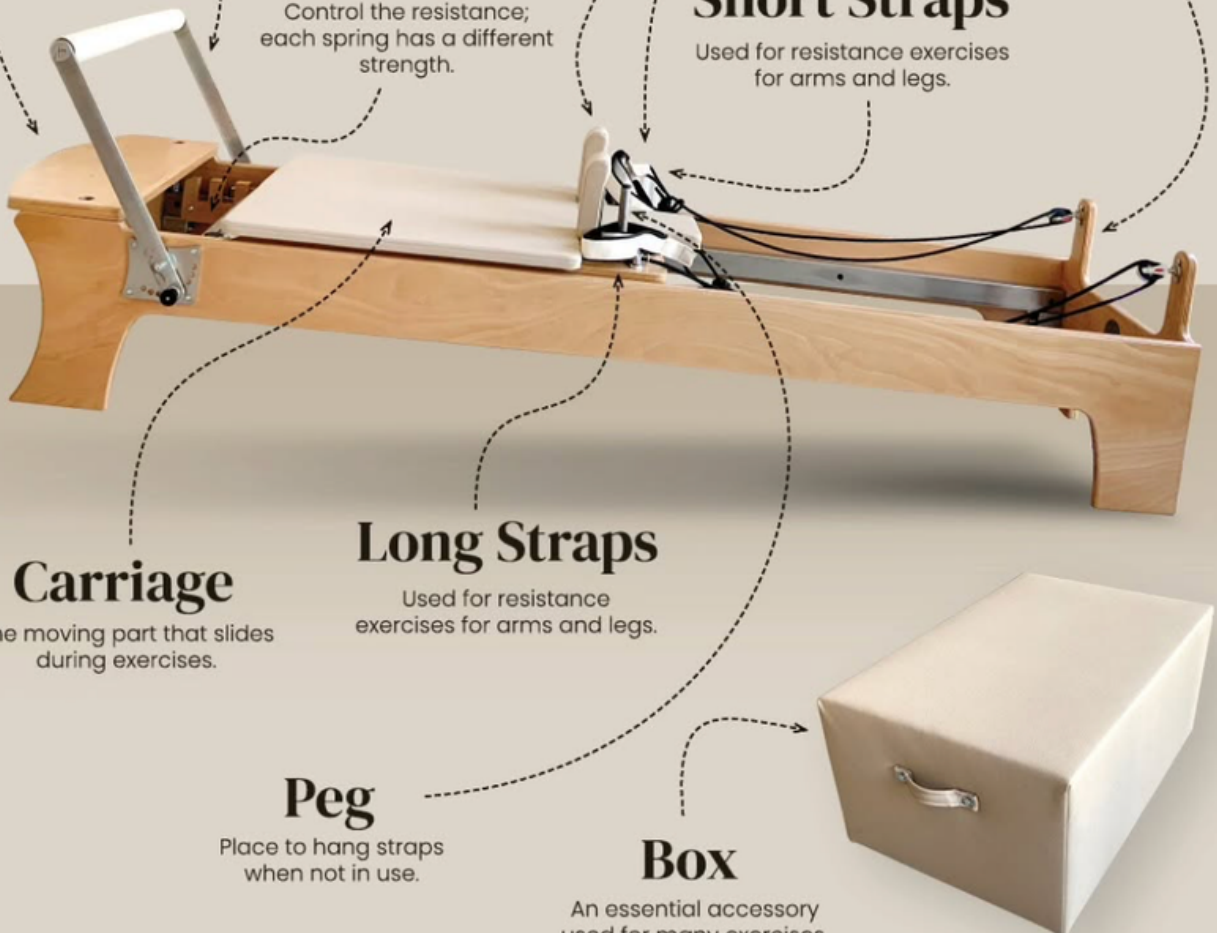
Used for resistance exercises for arms and legs.

Peg

Place to hang straps when not in use.

Box

An essential accessory used for many exercises.



THE CARRIAGE

The moving platform you sit, kneel, or lie on.

The carriage challenges your control and stability. The goal is not simply to move the carriage — it is to control the movement with strength and precision.

SPRINGS

The springs create resistance and support.

Different spring settings can:

- Increase or decrease challenge
- Change the focus of an exercise
- Support you through certain movements

Remember: heavier springs do not always mean harder. The right spring choice depends on the exercise and your goal.

FOOTBAR

The footbar provides a surface to push against during many lower-body and full-body exercises.

Different footbar positions can change:

- Muscle focus
- Range of motion
- Exercise difficulty



STRAPS

Used for:

- Arm exercises (short loops)
- Leg exercises (long loops)
- Mobility work
- Strength and control movements

The straps allow you to work through different planes of movement.

SHOULDER BLOCKS

These help position your body safely and provide support while moving on the carriage.

HEADREST

Supports your head and neck alignment.

Your instructor may adjust this depending on the exercise and your comfort.

REFORMER BOX

The box creates additional options for exercises by changing your position, height, and range of movement.



THE PILATES PRINCIPLES

Pilates is more than just completing exercises. It is
about how you move.

CONTROL

Moving with intention rather than rushing through exercises.

CONCENTRATION

Being present and connected to your movement.

PRECISION

Quality of movement matters more than the number of repetitions.

BREATHING

Breathing helps improve control, focus, and connection with your body.

FLOW

Creating smooth, controlled movement patterns.

CONSISTENCY

Progress comes from regular practice.

WHAT HAPPENS IN A TYPICAL PILATES CLASS?

Knowing what to expect can help you feel more comfortable.

Every class has a base exercises, with optional progressions (or layers) offered throughout. These are there to challenge you when you're ready—but there's never any pressure to take them.

You're always encouraged to move at your own pace. Feel free to try a progression, and if it doesn't feel right, simply return to the base exercise. Pilates is about building confidence and progressing when the time is right for you.

Before Class

We recommend arriving 5 minutes early so you have time to:

- Meet your instructor
- Set up your reformer
- Ask any questions
- Let us know about injuries or concerns

Warm Up

Your instructor will guide you through movements designed to:

- Connect with your breath
- Activate your core
- Prepare your body for movement

Main Workout

Your class will include a combination of:

- Strength exercises
- Core work
- Mobility
- Stability training
- Full-body movement

Your instructor will provide options so you can choose the right challenge for your body.

Cool Down

Classes finish with movements to:

- Improve mobility
- Release tension
- Leave you feeling balanced and centred

HOW TO BOOK YOUR CLASSES

To book your classes, please make sure you are looking at the correct location: Bokarina or Maroochydore studio

DOWNLOAD THE APP

it's called Momence, you will have to log in using the same email address you used when you signed up to the program.

GO TO HOST

Choose Performax Science on the top to get into our portal

GO TO THE CLASSES TAB

Click the tab that says 'Classes'

CHECK LOCATION

Make sure you are seeing the classes at your preferred studio. This is done by the location item at the bottom of the screen

BOOK A CLASS

Click on the class you want and book it in! We suggest getting on the waitlist if your preferred class is full as we do get cancellations.

YOUR PERFORMAX PILATES CLASS GUIDE



At Performax, we offer a variety of classes designed to support different goals, experience levels, and stages of your Pilates journey.

FOUNDATION STRENGTH

BEGINNER TO INTERMEDIATE

A supportive class designed for beginners through to intermediate movers.

Master the basics while progressing at your own pace. Choose your challenge and build strength, control, and confidence.

Perfect for:

- New to reformer Pilates
- Building confidence on the machine
- Learning correct technique
- Developing a strong foundation



FULL BODY

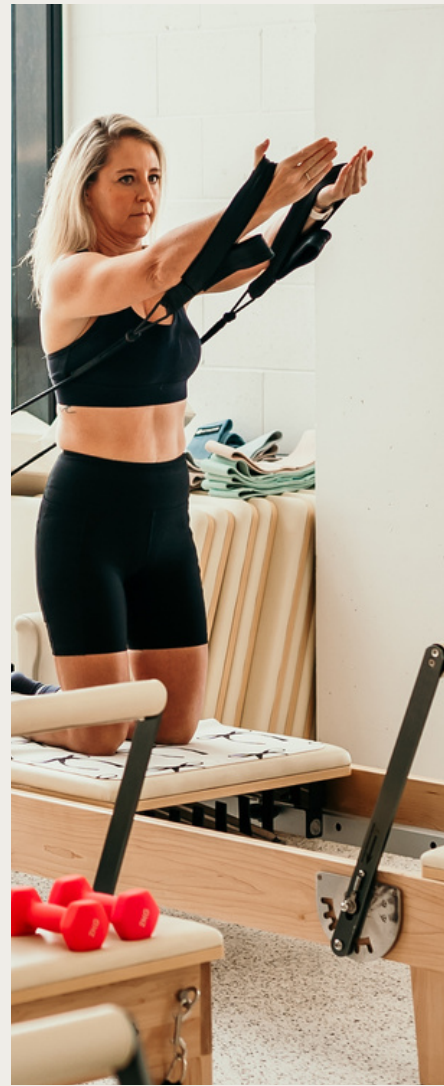
INTERMEDIATE

Our signature open-level class that has it all. A complete session working around the entire body, leaving you feeling energised, balanced, and centred in your movement.

Expect:

- Full-body strength
- Core activation
- Mobility work
- Controlled movement patterns

Suitable for intermediate levels with options provided throughout.



STRETCH AND FLOW



OPEN LEVEL

A restorative class designed to improve mobility, flexibility and overall movement quality. Combining gentle stretching, controlled flowing movements and mindful breathing, Stretch & Flow helps release tension, increase range of motion and leave you feeling relaxed, refreshed and more connected to your body.

Perfect for anyone looking to improve flexibility, aid recovery, reduce muscle tightness or simply slow down and move with intention. Suitable for all experience levels.

UPPER BODY & ABS



INTERMEDIATE

Our intermediate class with exercises designed to challenge and engage the upper body and abdominals.

Expect to leave feeling:

- Uplifted
- Stronger
- Connected with your body

A great option for improving:

- Upper body strength
- Core control
- Postural strength

POWER

STRENGTH FOCUSED

Power is a strength-focused reformer class built around progressive overload, heavier spring resistance, and short, intense working rounds. This class still flows around the reformer, but the intention shifts from choreography to controlled strength training.

Power incorporates work both on and off the reformer.

Perfect for those wanting to:

- Build strength
- Increase muscular endurance
- Challenge themselves with resistance training



DYNAMIC

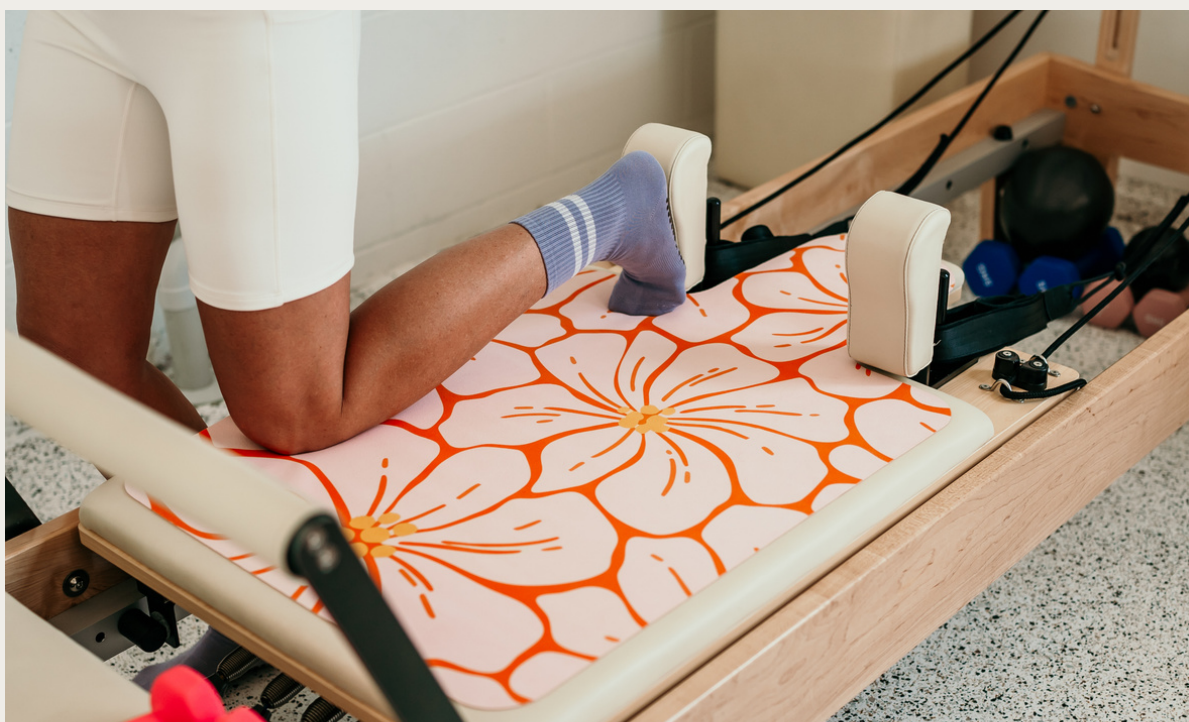
INTERMEDIATE TO ADVANCED

Our intermediate/advanced class that engages your entire body.

Expect to build on what you have learned in other classes, adding complexity and challenges to your movements while taking your skills to the next level.

This class may include:

- More complex exercises
- Greater balance challenges
- Increased coordination demands
- Advanced movement patterns



HOW OFTEN SHOULD I ATTEND PILATES?

Consistency is the key to seeing progress.

ONCE PER WEEK

Great for maintaining mobility and creating a healthy movement habit.

TWICE PER WEEK

Ideal for building strength, improving confidence, and creating noticeable progress.

THREE OR MORE TIMES PER WEEK

Great for those wanting to progress faster, build strength, and challenge their fitness.

Your Pilates journey is personal. The most important thing is finding a routine you can maintain.

GETTING THE MOST FROM YOUR PILATES PRACTICE

To get the best results:

- ✓ Attend consistently
- ✓ Focus on technique before increasing resistance
- ✓ Ask your instructor questions
- ✓ Challenge yourself at your own pace
- ✓ Listen to your body
- ✓ Celebrate progress, not perfection

Small improvements add up over time.



BEGINNER FAQS

Do I need to be flexible?

No. Pilates is designed to help improve mobility and flexibility over time.

Do I need previous Pilates experience?

Not at all. Our Foundation Program is designed to teach you the skills you need to feel confident.

What if I cannot do an exercise?

Your instructor will provide modifications and options to suit your body.

Will Pilates make me stronger?

Yes. Reformer Pilates uses resistance training to build strength, stability, and control.

How long until I feel confident?

Everyone progresses differently, but most people notice a big improvement in confidence after attending consistently.



YOUR NEXT STEP

YOUR FOUNDATION PROGRAM IS THE BEGINNING OF YOUR
PILATES JOURNEY.

ONCE YOU FEEL COMFORTABLE ON THE REFORMER, YOUR
INSTRUCTOR CAN HELP GUIDE YOU TOWARDS THE CLASSES
THAT BEST SUIT YOUR GOALS.

Whether you want to:

Build strength

Improve mobility

Feel more confident in your body

Support your overall wellbeing

We are here to help you move better, feel stronger, and
create lasting habits.



Welcome to Performax Pilates.



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AFTER YOUR PROGRAM

The Foundation Program is designed to give you the knowledge, confidence and skills to begin your Pilates journey safely and successfully. As you progress through the program, we'll get to know your goals, your schedule and what consistency looks like for you.

Towards the end of the program, we'll chat about the best way to continue your Pilates journey.

The right option will depend on a number of factors, including:

- **Your health and fitness goals.**
- **How many times per week you'd like to attend.**
- **Your work and family commitments.**
- **Your lifestyle and schedule.**
- **Your budget.**
- **How much flexibility you need with your bookings.**

Everyone's circumstances are different, which is why we'll help you choose the option that best suits your needs.

On the next page, you'll find an overview of our membership and class pack options. There's no need to make a decision now—this is simply an opportunity to familiarise yourself with the different options as you progress through the program.



Welcome to Performax Pilates.

MEMBERSHIPS

BEST SUITED FOR:

CLIENTS WHO ARE READY TO MAKE PILATES A CONSISTENT PART OF THEIR LIFESTYLE AND WANT THE BEST VALUE WHILE BUILDING LONG-TERM RESULTS.

Memberships are designed for those who enjoy having a regular routine and want to prioritise their health and wellbeing each week.

With a set number of classes available every week, memberships make it easier to stay accountable, maintain consistency and continue progressing.

For those wanting the best value, you can choose a 6-month commitment and receive 20% off our standard month-to-month membership rate. After your initial 6 months, your membership automatically transitions to month-to-month while you continue enjoying your discounted rate.

	6 Months contract	Month to Month contract
Elevate (2 classes/week)	\$55.20 / week	\$69 / week
Perform (3 classes/week)	\$61.60 / week	\$77 / week
Unlimited (unlimited classes/week)	\$65.60 / week	\$82 / week

FLEX PACKS

BEST SUITED FOR:

CLIENTS WHO WANT CONSISTENCY AND VALUE, WITH MORE FLEXIBILITY THAN A TRADITIONAL MEMBERSHIP.

Flex Packs are the perfect middle ground between a membership and a standard class pack. They are ideal for clients who want to attend regularly but need a little more freedom due to changing schedules, work commitments, travel or family responsibilities.

Flex Packs provide a lower class rate than our standard packs and automatically renew once all classes have been used or the pack expiry date is reached (whichever comes first), ensuring you always have access to your Pilates sessions without needing to manually repurchase.

	PRICE	DURATION
FLEX 10	\$289	8 WEEKS
FLEX 20	\$529	16 WEEKS
FLEX 50	\$1,199	40 WEEKS

STANDARD CLASS PACKS

BEST SUITED FOR:

CLIENTS WHO VALUE COMPLETE FLEXIBILITY AND PREFER TO ATTEND PILATES AT THEIR OWN PACE.

Standard Class Packs offer the ultimate freedom, with no automatic renewals and no ongoing commitment. Simply purchase your preferred number of classes and use them within the pack validity period whenever it suits your schedule.

They are ideal for clients with unpredictable routines, travel commitments or those who prefer a more flexible approach to their Pilates practice.

	PRICE	DURATION
10 PACK	\$340	8 WEEKS
20 PACK	\$620	16 WEEKS
50 PACK	\$1,450	40 WEEKS



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