

Treatments

Myotherapy (including Advanced)

DAY	MYOTHERAPIST	TIME
MONDAY	Emma Hayes (Adv & ANF)	9am–3pm
	Natasha Gilbert	9am–3pm
	Virginia Kalms	9am–3pm
	Amy Gerreyn	3pm–7:30pm
	Tristan Voelkl	3pm–8pm
Emma Bailey	3pm–8pm	
TUESDAY	Shae Lillywhite (Advanced)	8am–3pm
	Emma Hayes (Adv & ANF)	9am–3pm
	Virginia Kalms	9am–3pm
	Tristan Voelkl	3pm–8pm
	Emma Bailey	3pm–8pm
WEDNESDAY	Emma Hayes (Adv & ANF)	9am–3pm
	Emma Bailey	10am–3pm
	Tristan Voelkl	3pm–8pm
THURSDAY	Shae Lillywhite (Advanced)	8am–3pm
	Emma Hayes (Adv & ANF)	9am–3pm
	Emma Bailey	9am–3pm
	Tristan Voelkl	3pm–8pm
FRIDAY	Amy Gerreyn	9am–3pm
	Emma Hayes (Adv & ANF)	9am–3pm
	Emma Bailey	9am–3pm
Tristan Voelkl	1pm–4pm	

Remedial Massage (including Advanced)

DAY	THERAPIST	TIME
MONDAY	Lisa Wolsgrove (Advanced)	9am–3pm
	Lisa Wolsgrove (Advanced)	9am–3pm
TUESDAY	Lisa Wolsgrove (Advanced)	9am–3pm
	Lisa Wolsgrove (Advanced)	9am–3pm
WEDNESDAY	Daniel Green (Advanced)	8am–3pm
	Lisa Wolsgrove (Advanced)	9am–3pm
THURSDAY	Lisa Wolsgrove (Advanced)	9am–3pm
	Daniel Green (Advanced)	3pm–8pm
FRIDAY	Lisa Wolsgrove (Advanced)	9am–1pm
SATURDAY	Jessi Dinan	8am–11am
	Daniel Green (Advanced)	8am–1pm
	FeiFei Ma (Advanced)	8am–1pm

Classes

Mat Pilates

DAY & TYPE	INSTRUCTOR	TIME
MONDAY	All Levels	9:30am
	Mums & Bubs	Joanna Nicholls 10:30am
	All Levels	Laura Lyall-Venables 5:30pm, 6:30pm
TUESDAY	Over 50s	Joanna Nicholls 9:30am
	All levels	Holly Briggs 10:30am
	All Levels	Laura Lyall-Venables 5:30pm, 6:30pm, 7:30pm
WEDNESDAY	Mums & Bubs	Joanna Nicholls 9:30am
	All levels	Amy Gerreyn 10:30am
	THURSDAY	Mums & Bubs
Over 50s		Joanna Nicholls 10:30am
All Levels		Emma Hadaway 5:30pm
FRIDAY	Mums & Bubs	Joanna Nicholls 9:30am

Private Pilates

DAY & TYPE	INSTRUCTOR	TIME
MONDAY	Private Pilates	Anita McDonald 12:30pm
	Private Pilates	Joanna Nicholls 12:30pm
TUESDAY	Private Pilates	Joanna Nicholls 12:30pm
	Private Pilates	Monique Morel 4:30pm
WEDNESDAY	Private Pilates	Joanna Nicholls 12:30pm, 1:30pm
	THURSDAY	Private Pilates
Private Pilates		Anita McDonald 3:30pm
FRIDAY	Private Pilates	Joanna Nicholls 12:30pm

Barre Pilates

DAY & TYPE	INSTRUCTOR	TIME
SATURDAY	All levels	Lisa Wolsgrove 8am, 9am

Studio Pilates

DAY & TYPE	INSTRUCTOR	TIME
MONDAY	All levels	Anita McDonald 9:30am, 3:30pm, 4:30pm, 5:30pm, 6:30pm
	All levels	Joanna Nicholls 11:30am
TUESDAY	All levels	Monique Morel 5:30pm, 6:30pm, 7:30pm
	All levels	Joanna Nicholls 11:30am
WEDNESDAY	All levels	Joanna Nicholls 11:30am
	THURSDAY	All levels
All levels		Joanna Nicholls 11:30am
FRIDAY	All levels	Joanna Nicholls 11:30am

Reformer Pilates

DAY & TYPE	INSTRUCTOR	TIME
MONDAY	All levels	Anita McDonald 10:30am, 11:30am, 2pm
	TUESDAY	All levels
All levels		Holly Briggs 9:30am
WEDNESDAY	All levels	Amy Gerreyn 9:30am
	All levels	Joanna Nicholls 10:30am
	All levels	Sarah Dewing 4:30pm, 5:30pm, 6:30pm, 7:30pm
THURSDAY	All levels	Anita McDonald 10:30am, 2pm
	All levels	Emma Hadaway 6:30pm, 7:30pm
FRIDAY	All levels	Emma Hadaway 9:30am
	All levels	Joanna Nicholls 10:30am
SATURDAY	All levels	Holly Briggs 7am, 8am, 9am, 10am



"This is my tribe! So helpful, so much fun, authentic care and great explanations. Professionalism at its absolute best with love and fun at the top of the list!"

Treatments & Classes Price List

TYPE	DURATION	COST
ADVANCED MYOTHERAPY	45mins	\$110
MYOTHERAPY	45mins	\$97
ADVANCED REMEDIAL MASSAGE	45mins	\$92
REMEDIAL MASSAGE	45mins	\$88
PRIVATE PILATES	45mins	\$87
STUDIO PILATES	50mins	\$43
REFORMER PILATES	50mins	\$36
MAT PILATES	50mins	\$30
ANF THERAPY & ADV. MYO	45mins	\$160
ANF THERAPY FOLLOW-UP	20mins	\$70

Please cancel with 6 HOURS notice to avoid a 50% late cancellation fee.

SMAPS 5 CLASS PASS

Save \$8 each class, valid for 5 weeks from purchase
 5 MAT/BARRE PILATES classes - \$110
 5 REFORMER PILATES classes - \$140
 5 STUDIO PILATES classes - \$175

SMAPS 10 CLASS PASS

Save \$10 each class, valid for 10 weeks from purchase
 10 MAT/BARRE PILATES classes - \$200
 10 REFORMER PILATES classes - \$260
 10 STUDIO PILATES classes - \$330

SMAPS 20 CLASS PASS

Save \$12 each class, valid for 20 weeks from purchase
 20 MAT/BARRE PILATES classes - \$360
 20 REFORMER PILATES classes - \$480
 20 STUDIO PILATES classes - \$620

Opening Hours

Monday	8:00am–8:30pm
Tuesday	8:00am–8:30pm
Wednesday	8:00am–8:30pm
Thursday	8:00am–8:30pm
Friday	9:00am–3:00pm
Saturday	8:00am–1:00pm
Sunday	Closed

HOW TO BOOK

1. Visit www.smaps.com.au
 2. Fill out the **NEW CLIENT** form
 3. Click **BOOK NOW** and follow the prompts
- NOTE:** online bookings can be made up to 2 hours prior to a class starting. A strict 6-hour notice on all cancellations applies.

Classes & Treatments

PRIVATE PILATES 1:1

An individualised class perfect for bodies that need extra attention.

STUDIO PILATES 1:4

A client-tailored class using all of our large equipment (including reformers) for bodies that need an individual program. Improve your balance, posture, stability and strength.
 CLIENTS MUST COMPLETE AT LEAST ONE PRIVATE PILATES CLASS FIRST.

REFORMER PILATES 1:4

An all-over body workout for clients who carry no injuries with a focus on core strength and cardio fitness.

MAT PILATES 1:6

MUMS & BUBS: Recover posture, pelvic floor and abdominal muscles.
OVER 50's: Focused on mobility, strength, stability and balance.
ALL LEVELS: For all bodies using small equipment for core stability.

BARRE PILATES 1:8

A total body workout like no other with a focus on cardio fitness, balance, burn, strength and stretch.

MYOTHERAPY

A uniquely tailored treatment inclusive of clinical assessment, treatment, prevention and rehabilitation of soft tissue dysfunction. Includes cupping, dry needling, taping, trigger point therapy and corrective exercises.

REMEDIAL MASSAGE

A tailored treatment with a skilled therapist to relieve muscular pain, tension and stress. Perfect for tight bodies that need more than just a massage. Includes cupping. ONLY advanced remedial includes dry needling.

SPORTS MASSAGE

Assessment, treatment and prevention of sports-based soft tissue injuries. Perfect for athletes, gym-enthusiasts and weekend-warriors because maintenance is KEY!

ANF THERAPY

Small, wearable and painless devices that release body frequencies to help decrease pain and inflammation. Restore communication between the central (CNS) and peripheral nervous system (PNS) to promote natural biochemical processes that reduce inflammation and encourage repair.

PRE & POSTNATAL MASSAGE & PILATES

Pregnancy massage is a nurturing and relieving treatment that can be safely incorporated into any pregnancy care plan. Our private and studio pilates classes are the perfect way to exercise safely while pregnant then return 6 weeks postpartum to our mat pilates classes for recovery.

Somerville Myotherapy & Pilates Studio

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Website: www.smaps.com.au



SOMERVILLE
 MYOTHERAPY
 & PILATES STUDIO

Class &
 Treatment
 Timetable
 AUTUMN 2024

FIND YOUR
 INNER STRENGTH