

It's my first class, what do I need to know?

If you're new to Reformer Pilates, our Recover class is a great starting point for your RePilates journey. The instructor will guide you on how to use the reformer machine safely and effectively, while also reinforcing the fundamental Pilates principles: Breath, Concentration, Control, Precision, Center, and Flow.

What should I wear to class?

Wear comfortable clothing and grip socks for your session. If you need grip socks, we offer them for purchase at the studio.

Can I use my private health fund?

Our RePilates classes are not eligible for health fund rebates. However, you can claim services with our physiotherapist. To participate in our "Physiotherapy Group Exercise Class," you must first book a separate initial assessment, which lasts 50 minutes and is eligible for health fund reimbursement.

What style of pilates do you teach?

Our qualified instructors have completed specialised training in clinical Pilates through the Advanced Clinical Academy. Each instructor at RePilates studio has undergone training in functional anatomy, posture assessment, and the Clinical Pilates Methodology, guided by our Senior Physiotherapist. As a result, our teaching style incorporates physiotherapy elements and a deep understanding of how muscles work.

I'm seeing a physio/chiro for my current condition. Can I still participate?

Absolutely! Our clinical Pilates classes are designed for individuals with chronic injuries, and we provide modifications in each session. While we offer supportive exercises, please keep in mind that we cannot treat or rehabilitate your injury during class. If you have an injury, especially an acute one, you will need a doctor's clearance before joining. Additionally, please inform us at the beginning of class so we can make the appropriate modifications for you. We also have physiotherapists on-site who can see you for a separate session if needed.

Can I bring my baby/child to class?

You are welcome to bring your child; however, please note that our instructors cannot supervise them. The studio does not take any responsibility for accidents or injuries involving children.

What is the minimum age to start classes?

To join our regular RePilates sessions independently, you must be 16 years or older, unless you are participating in a Kids class or accompanied by a parent or guardian.

Where should I park?

Our studio is located at Castle Towers Shopping Centre. You can park in the Towers car park, with the closest option being the blue car park.

What is your cancellation policy?

We have a 24-hour cancellation policy. While you can book your class on the same day, please understand that the space is reserved for you. Therefore, you must cancel at least 24 hours in advance to avoid any charges.