

A GUIDE FROM STILLWATER PILATES

Your first class, simply

From your first class to advanced strength work, every session runs in a small group with hands-on guidance.

Stillwater
Pilates



BYRON BAY REFORMER PILATES

The instructors who guide your practice

Every class of 10 is led by a fully qualified instructor who knows your name, your goals and exactly where you are in your practice.



01

Your first reformer class, made simple

Reformer Foundations is a gentle beginning for women new to the reformer



What Foundations covers

Breath & alignment

Learn to move from your centre, with calm, simple cues

Classes of 10

Small groups mean real guidance, every class

Qualified instructors

Fully qualified teachers guide every setup and move

Go at your pace

No experience needed — Foundations meets you where you are



02

Find your rhythm on the reformer

For those who've found their footing on the reformer



What a Flow class covers

Linked sequences

Smooth transitions that build rhythm, not just reps

Steady pace

A moving practice that keeps your heart rate up

Small class of 10

Room to move, with guidance close at hand

Qualified instruction

Led by fully qualified instructors throughout



03

Build strength you can feel

A challenging reformer class for women ready to push further, in our light-filled Byron Bay studio.



Strength, supported

Classes of 10

Small groups mean your instructor sees your form on every rep.

Fully qualified instructors

Every class is led by a fully qualified instructor, cueing the whole way through.

Book online

Reserve your reformer in a few taps, any day of the week.

A light-filled room

Train in natural daylight on Jonson Street, Byron Bay.



A room built for beginners

Light-filled studio
Train in a bright, calm room designed to put you at ease

Beginners welcome
No experience needed, ever

Jonson Street, Byron Bay
Easy to find in the heart of town

Pre and postnatal care
Classes that meet you where you are



GETTING STARTED

Your first class, simply

1 **Book online**
Choose a class and reserve your spot in a few taps.

2 **Arrive and settle in**
Come a little early. We'll set up your reformer together.

3 **Move through your class**
Follow clear, gentle cues at your own pace, in a group of 10 or fewer.

4 **Keep coming back**
Build strength and confidence, one class at a time.



INSIDE THE STUDIO

A light-filled room to move in



Reformer Flow session



Private session



Pre and postnatal class

Come as you are

Byron Bay women of every age and stage practise here, from absolute beginners to regulars who never miss a week.

02 5550 6614

stillwater-pilates.sitepages.app
chloe@stillwaterpilates.com.au
Jonson Street, Byron Bay NSW

Stillwater Pilates