

Power Pilates
STRENGTH | CARDIO | PILATES
PDH
& Class by Kenz



PERFORMANCE DRIVEN HEALTH

UNIT 4 / 3 RANTON STREET (CORNER MITCHELL) CARDIFF NSW | 0418 100 395

Mackenzie
Pilates

Karina
Strength &
Cond.

WEL
PDH

TIERED PROGRAMMING



IS FOR
EVERYONE

Strength & Conditioning programming which tailors training components to suit multiple levels of skills, capacity, loading, intensity and output.

PDH will deliver the most inclusive group training sessions to accommodate for entry level fundamentals through to the advanced athlete. Whether you want to lose weight, stay functional throughout your senior years, support your fitness for your chosen sport or compete in functional fitness, your goals are met at PDH in the same session.

what level are you for you?

TIER 1	TIER 2	TIER 3	TIER 4
-Beginners -Junior or mature aged -baseline strength and capacity -Lower impact, loading, intensity -In season sports athletes -Active recovery	-Intermediate -Moderate intensity -load -intensity -Cross training	-High intensity -Advanced -Skill Development' -Progression towards TIER 2 -Advanced athletes -Wanting to enhance their performance in competition.	

- SIGN-IN TO YOUR SESSION IN WODIFY
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BEFORE YOUR

- SUPPORT YOUR FE
- PUT ALL YOUR EQ
- MOP YOUR WOR
- SAY GOODBYE!
- ENTER YOUR RE

KARINA BURT
418 100 395
@pdh.gym

Instructors





"What is Power Pilates at PDH?"

Its a collaboration between Karina Burt Owner of PDH (Sports Power Coach) and Mackenzie Sutcliffe (Pilates Instructor). We have developed a program that consists of and resistance strength training, conditioning, & Mat Pilates in the same session.

Each class will be divided into half SnC and half Floor Pilates. These sessions will have a lower body or upper & core Focus.



Power Pilates



Session Format

The **Strength Component** will involve high volume isolated movements to target either the posterior (such as hamstrings, glutes, abductors and back), Anterior (such as quads & core), & upper body (biceps, tri's delts and pecs).

Movements will be executed using functional handheld equipment such as dumbbells, kettlebells, medballs & weight plates, and will include movements like Romanian deadlifts, squats, lunges, swings, pressing & pulling.

There are no advanced movements, all skill levels and fitness levels are catered for.

The Conditioning Component will involve mostly intervals training performed at moderate to high intensity.

Movements will include light weight functional equipment and cardio machines in a WORK & REST format. Exercises may include assault bike sprints, dumbbell snatches, kettlebell swings, burpees, plyo squats & lunges. As the cardio component is executed at your highest effort, only a short duration is required to be effective.

The **'Mat' Pilates** will involve bodyweight and breathwork exercises that focuses on strengthening your core and posture. This component will complement the Strength & Conditioning component with either a lower body or upper/core dominance.

Mat Pilates is especially effective for developing muscle endurance and activating muscles that can be neglected or overlooked with other heavier resistance training.

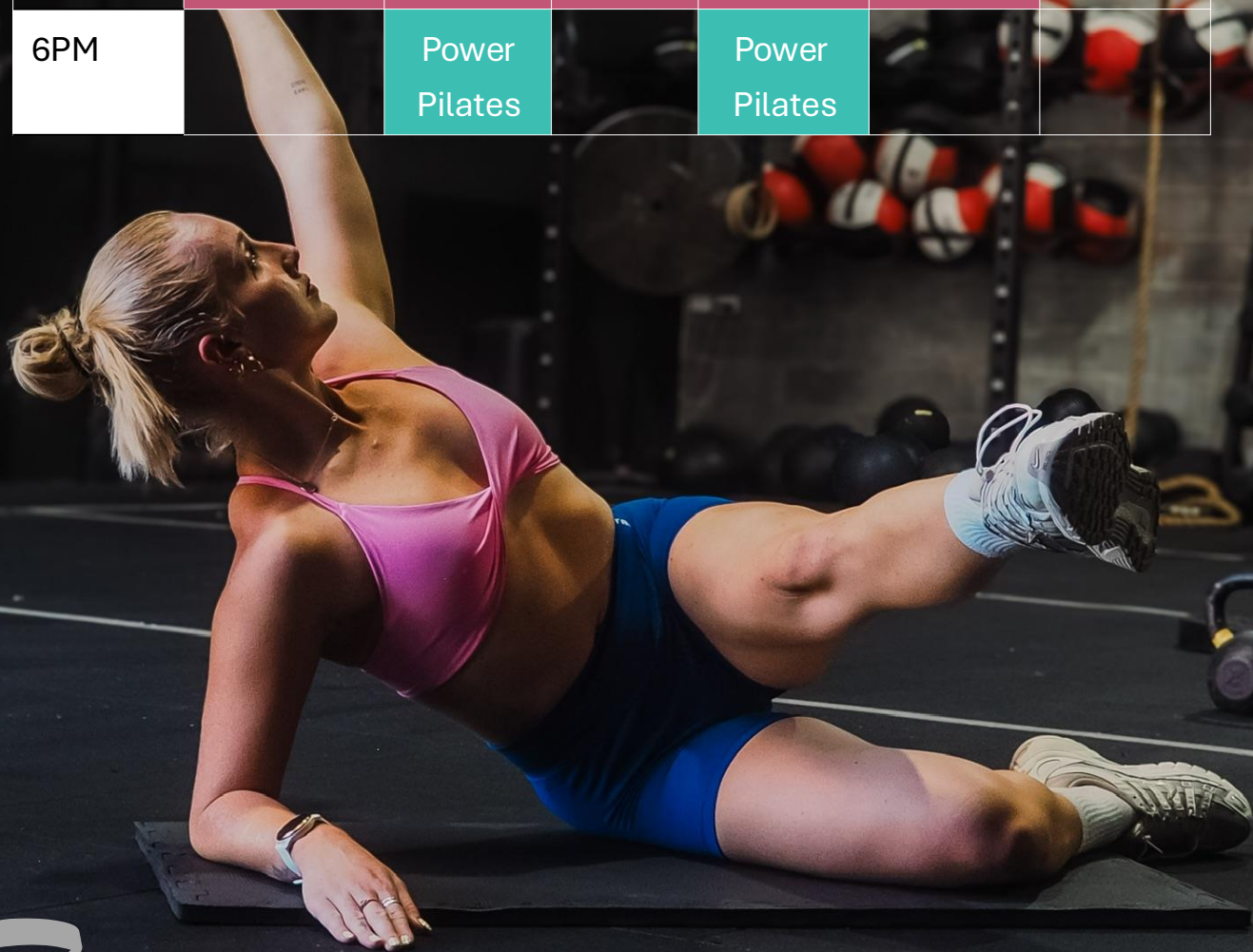
The session may include bodyweight, small plates or resistance bands and is performed in a cyclic movements or isometric holds.

A Lower Body
and
Upper/core
session
each week.

20m Strength
&
conditioning +
20M Mat
Pilates



Time	MON	TUES	WED	THUR	FRIDAY	SAT		
5AM	SnC	SnC	SnC	SnC	SnC			
6AM	SnC	SnC	SnC	SnC	SnC			
7AM	Power Pilates: 6pm Tuesday 7am Wednes. 6pm Thursday 9am Friday					SnC		
9AM					Power Pilates			
9:30AM				SnC	SnC	SnC	SnC	
4PM				SnC	SnC	SnC	SnC	SnC
5PM	SnC	SnC	SnC	SnC	SnC			
6PM		Power Pilates		Power Pilates				



Timetable

Memberships



Power Pilates:
2 Sessions
per week
\$32

Power Pilates:
10 Session
pass
\$175

2026 SPECIAL!
UNLIMITED
POWER PILATES
\$40/WEEK
PAID
\$173/MONTH

Power Pilates:
6pm Tuesday
7am Wednes.
6pm Thursday
9am Friday

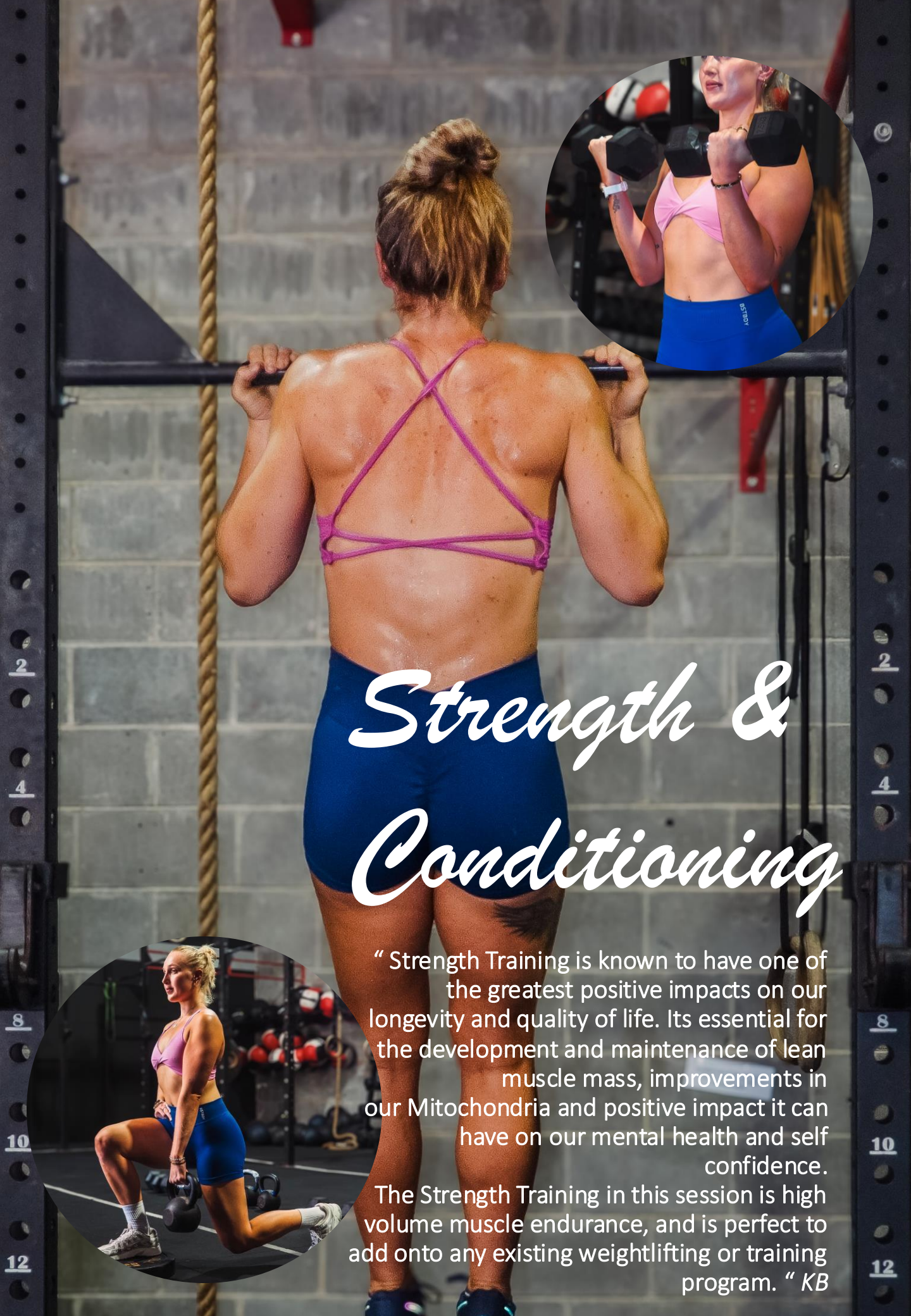
“ Mat Pilates is your space to move with intention, build strength, and feel truly at home in your body.

We offer thoughtfully designed Pilates classes that blend controlled movement, breath, and alignment to help you create stronger muscles, better posture, and deeper body awareness.

Our session it’s not just a workout — it’s a practice that empowers you to feel confident, connected, and capable in every part of your life. “ *Kenz*



Mat Pilates



Strength & Conditioning

“ Strength Training is known to have one of the greatest positive impacts on our longevity and quality of life. Its essential for the development and maintenance of lean muscle mass, improvements in our Mitochondria and positive impact it can have on our mental health and self confidence.

The Strength Training in this session is high volume muscle endurance, and is perfect to add onto any existing weightlifting or training program. “ KB

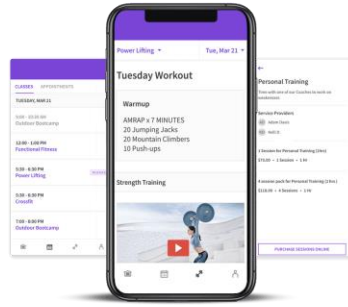


Power Pilates *is for* *everyone*

All Ages & Genders

- It's for those people who already participate in intense weightlifting or strength and conditioning training that want to enhance their hypertrophy & muscle endurance. It's especially beneficial for those people who suffer from back pain due to weak or inactive hamstrings, glutes or core.
- It's for busy people who want to be as efficient as possible with their time in the gym
- With a multi-purpose outcome.
- It's for new gym goers who want to start to obtain foundational strength & fitness levels in a structured and supportive environment.
- It's for existing Pilates participants who want to take their gym experience to the next level.

Our Systems



Our facility uses the application WODIFY. As a member you are requested to download the Wodify App (as pictured below) from the app store on your mobile device ready to use for the following tasks:

Memberships & Payments (Mandatory)

Your weekly membership is managed through the Wodify System and allows you access to gym products & services such as class timetables, reservations, attendance, performance records and your membership payments. You are required to enter and maintain your credit card information for membership payments in Wodify. These details are secured can be updated by you at any time.

Class Attendance (Mandatory)

Your attendance to a session must be recorded in Wodify. This is to ensure that we have an understanding of our class capacity. We must also maintain records of all persons attending the facility to comply with health and safety regulations. You can use your phone prior to or on arrival (preferred) or use the iPad at the front desk.

Class Reservations (Mandatory)

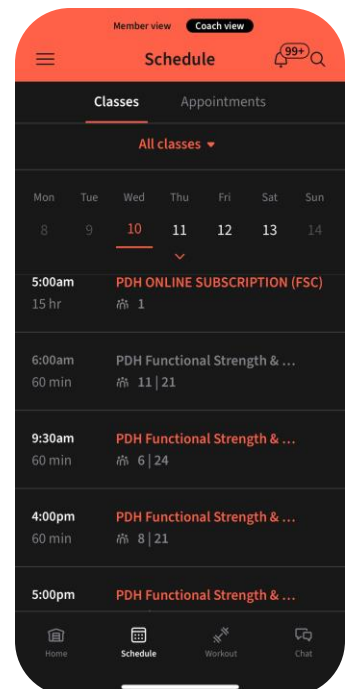
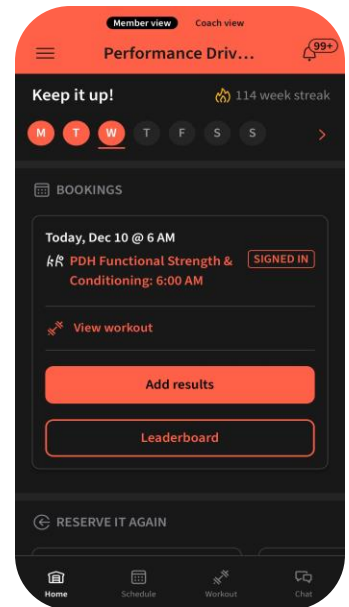
Booking into a session is also a requirement of attendance. This helps coaches plan for a session and to ensure safe numbers are achieved within our capacity. If classes have reached capacity, a wait list is available and you will be emailed if a cancellation provides an opening.

Viewing the Daily Programming (Optional)

The daily workout is available to be viewed for each week in advance. Whilst this is not designed to encourage selectivity, its to assist you with planning for your appropriate footwear, apparel, personal equipment (i.e skipping rope), and to help you consider your own session preparation i.e mobility, or to initiate discussions with our coaches for modifications or scaling options that you might require due to injuries or other restrictions. If you like to be surprised, then you are welcome to turn up and be directed by our coaches.

Leaderboard /Whiteboard (Optional)

Most of our daily workouts can be measured and scored. If you are competitive by nature and want to use this tool to help motivate and push and track your performance over time.



WELCOME TO PDH | ON YOUR ARRIVAL

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- LET US KNOW IF YOUR INJURED

BEFORE YOU

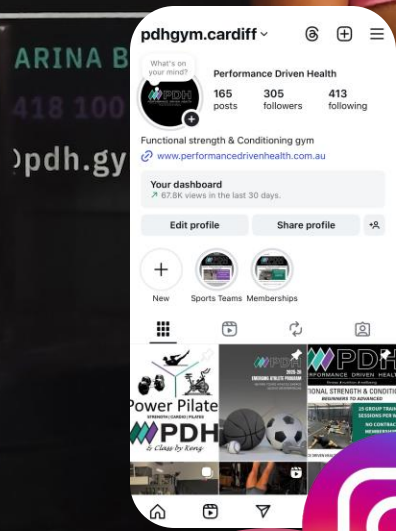
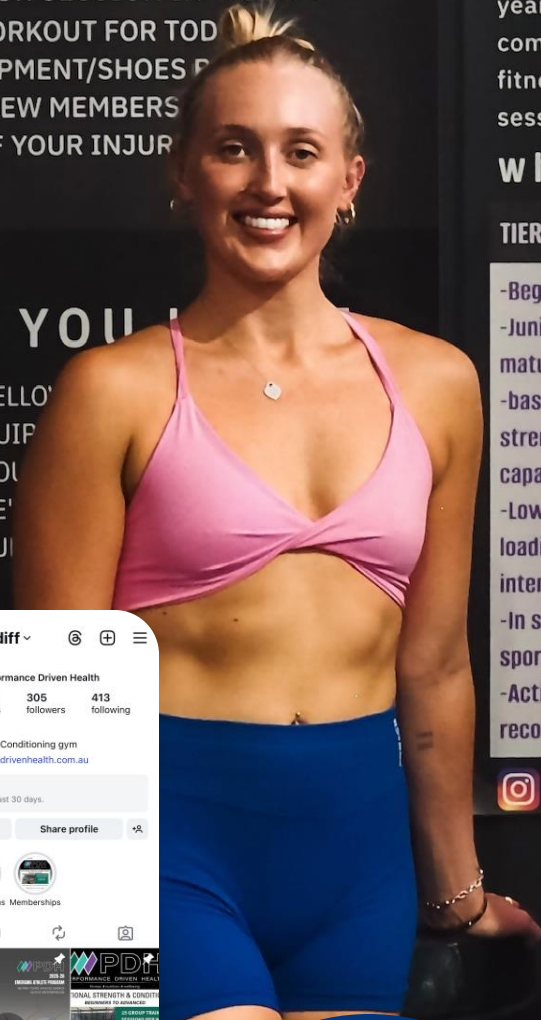
- SUPPORT YOUR FELLOW
- PUT ALL YOUR EQUIPMENT
- MOP YOUR WORKOUT
- SAY GOODBYE! WE
- ENTER YOUR RESULTS

TIERED PROGRAMMING PDH | IS FOR EVERYONE

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what level is right for you?

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-Beginners	-Intermediate	-High
-Junior or mature aged	-Moderate	-'Skill Development'
-baseline strength and capacity	improvement	progression
-Lower impact, loading, intensity	loading, intensity	loads TIER 2
-In season sports athletes		used
-Active recovery		as
		ing to
		ce their
		performance in
		etition.



@pdhgym.cardiff
@classbykenz

Follow Us on Instagram

Socials

Our Values

Welcome New Members

We all know what it feels like to be the new person in the room. Making our new members, like you, feel welcome and part of the PDH family is our priority so you can feel at home and remove some of those nerves. Please make sure you do your utmost to introduce yourself to visitors, guests and new members and where appropriate be the first to ask them to join you in the next partner workout!

Maintain cleanliness & good Hygiene

We work together as a team to keep the facility clean and maintain good hygiene so that we stay safe and healthy and can keep our doors open and keep coming back for more fun and challenging workouts!

Dress Policy

We respect other members by refraining from wearing clothing with obscenities, violence or anything that may be regarded as derogatory, racist or designed to intentionally cause offence to others.

Members are requested to maintain coverage of private body areas.

Respect our Coaches and Crew

As members we listen to our coaches when they are speaking, follow directions, and we communicate in return with respect and dignity as they are also required to do the same.

Respect & Diversity of Members

As members we support inclusivity and respect the diversity of our community in regard to race, gender, age, belief systems and abilities. We communicate to each other with courtesy, and always behave in an appropriate way.

Integrity

We make every effort to uphold the required performance standard of our workouts when scoring or using the Whiteboard. This includes counting repetitions, using prescribed weights, achieving movement performance standards and correct recording of time, or we scale and report a true reflection of our performance. Scoring your workout is always optional.

Participation

We participate in all session components as directed by the Coach including warm-up, or accessory activities, unless prior agreements have been made with the coaches to accommodate for your individual requirements.

Failure to comply with these values may result in your membership being cancelled. We maintain the right to uphold these standards and protect our business reputation and community wellbeing.