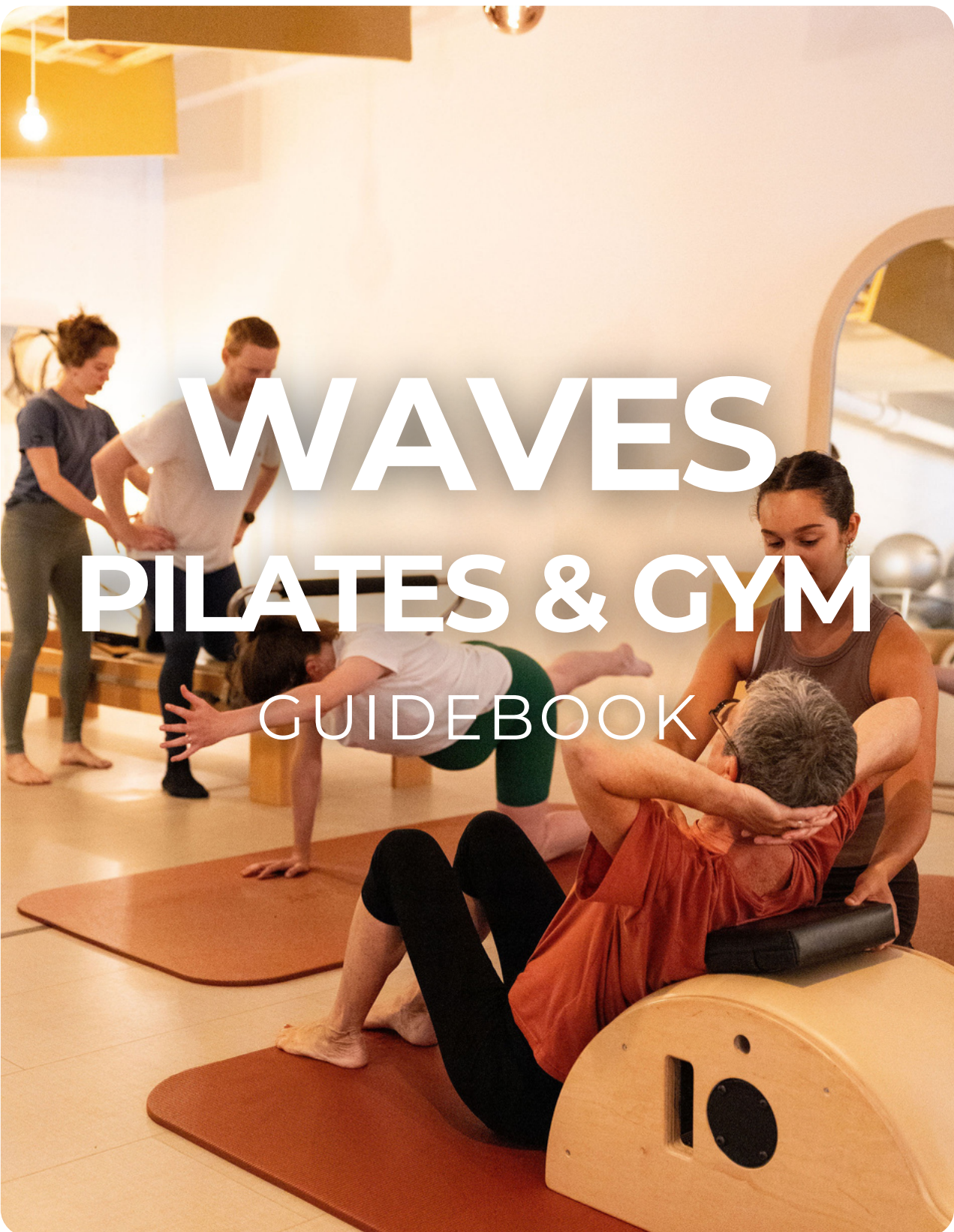




WAVES PILATES & GYM GUIDEBOOK



www.wavesleuven.be



Waves is a multidisciplinary health practice at the Vaartkom in Leuven, offering a holistic high-quality approach to your long-term health needs. We aim to provide an empowering and inclusive environment to enhance quality of life and well-being for all. We work closely as a team and strive to deliver the highest-quality allied health services to you.

With the Waves Pilates and Gym guidebook we want to welcome you to a world of movement and well-being. This guide will navigate you through our array of group classes, as well as our individual, duo, and semi-private consultation options.

Discover the unique character of each class and practical elements around pricing. For details about our schedule or to learn more about our fantastic team, please visit our website www.wavesleuven.be



OUR STORY



As many good things, the Waves concept started over beers and discussions between co-founders Katina and Bavo. Both saw a need for high-quality sustainable lifestyle support for people with acute and long-term health conditions and disabilities.

Waves is a subtle nod to Katina's upbringing in the shire, a beachy area of Sydney. However, the concept of waves embodies much more. Sound, light, energy, even our heart and brain, so much of us and our world is interpreted through various wave forms.

This is where the concept of Waves began, approaching health from a holistic viewpoint that encompasses the balance between mind, body and spirit.

client-centred

hygge

innovation

communication

diversity

empowerment



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GROUP CLASSES

SPECIFIC AND GENERAL



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SPECIFIC

Mums & Minis

Pre-natal

Teens

Essentials

Bones & Balance

Let's Move Neuro

Let's Sport Neuro

Pro Equipment

Meditation Moments

Level Up

Endurance Class

GENERAL

Focus

Flow

Power

Dynamic

Circuit

Apprentice/trainee

Our general classes can be taken at beginner, intermediate or advanced levels, offering flexibility to match your skill level.



SPECIFIC



MUMS & MINIS

This Pilates class is suitable once your gynaecologist gives the green light to exercise (usually 6 weeks post-partum) and is tailored for the early post-partum months.

It's a fun class for both mums and babies to enjoy (partners are welcome too!), focusing on mum's recovery in a supportive environment while offering ways to safely play and interact with your little one.

It's not just exercise for mum — there are also important exercises for baby! Whether you're new to Pilates or experienced, all are welcome. Classes are led by instructors trained in post-natal and paediatric exercise.



PRE-NATAL PILATES/ GYM

Exercise is safe and internationally recommended (World Health Organisation) for mums-to-be for both physical and mental well-being. Not only will you benefit, but also your little one!

Our pregnancy Gym & Pilates classes will help you stay active and strong in a safe and effective way. We also bring focus on exercises and movement to prepare you for delivery and the recovery period afterwards.

All classes are delivered by professionals who are trained to guide and support through the perinatal period. They have access to multiple support systems in Leuven to refer you to if required.



SPECIFIC



TEENS PILATES/ GYM

Let's get our teens moving and building strength – a gift and habit they'll carry for life! Strength and fitness training is not only excellent for injury prevention, especially for those involved in sports, but also helps counteract the long hours spent sitting while studying.

Our Teens Gym & Pilates classes follow a holistic, full-body approach, focusing on strength, fitness, mobility, and stability in a way that is both age-appropriate and engaging.

Participants will learn and develop key movement patterns essential for daily life, building strength and resilience to confidently tackle unexpected challenges. And, of course, we guarantee loads of fun!



ESSENTIALS PILATES/ GYM

For those with injuries or special considerations that require a little extra TLC (including pre- and postnatal), this is the class for you. Whether it's mental or physical, we've got you covered. This class also serves as a great stepping stone to our more general classes.

Essentials classes are delivered by a rehabilitation professional with extensive training in exercise delivery (physiotherapist, exercise physiologist, etc.)

Please contact us for an individual 30 or 60min intake session to assess your medical and exercise history prior to joining this class.



SPECIFIC



BONES & BALANCE PILATES/ GYM/ COMBO

These classes are fun, safe and active and are rooted in evidence-based practice for those at risk of, or have osteoporosis. A great class for anyone concerned about low bone mineral density and fall prevention.

Bones & Balance classes are delivered by a rehabilitation professional or experienced Pilates instructor who has been trained in exercise delivery for bone health and fall prevention.

We offer three class formats to suit different needs and levels:

Bones & Balance Pilates (Mat/ Equipment)

A calm, controlled class focused on mobility, stability, and body awareness. Ideal for those who enjoy working on the mat and want to strengthen their body in a gentle yet effective way.

Bones & Balance Gym

A more active class that targets strength, coordination, and functional movement patterns. Using resistance equipment or weights, we help you build muscle and support bone health with safe, well-structured training.

Bones & Balance Combo (Pilates + Gym)

A dynamic fusion of Pilates and strength training in a full-body workout. This class blends flexibility, posture, and core control with functional strength and stability — offering the best of both worlds.



SPECIFIC



LET'S MOVE NEURO

Specialised classes for clients with neurological conditions. In these classes you will work with an experienced physiotherapist or movement therapist specialising in neurological conditions in a small group (max. 6-8 people) to achieve your exercise goals. An intake session with one of our physio's prior to joining this class is advised.

Let's Move Neuro classes first focus on general gym, working on fitness, strength, mobility and balance, among other things.



LET'S SPORT NEURO

In our Let's Sport Neuro classes, we focus specifically on people with a neurological condition who are looking for a bit more of a challenge in movement. We will train specifically in a particular sport for 10 weeks and then a new 10-week series starts.

Our particular sports are:

- Let's Dance Neuro
- Let's Power Lift Neuro
- Let's Box Neuro
- Let's Pilates Neuro
- Let's Tai-Chi Neuro



SPECIFIC



PRO EQUIPMENT

This is an expert class for professional Pilates instructors who have completed a Comprehensive Pilates training and have an advanced level on ALL Pilates equipment. You should know your standard spring setting and equipment set-up for each apparatus, and are now really finetuning and mastering your skill level.

New to Waves? Please email us at hello@wavesleuven.be to check you are well suited for this class.



MEDITATION MOMENTS

In our Meditation Moment classes, we practise group meditation, mindfulness, and relaxation. We take time to step out of the rush of daily life and be consciously present in the here and now. Would you like to pause for a moment and create space for peace in both body and mind? Then these classes are for you!

Please note that these classes are always taught in Dutch.

In need of more individualised support? Make sure to contact our relaxation therapists Bavo, Edith or Katty for 1-on-1 guidance.



SPECIFIC



LEVEL UP

Join us for a 1.5-hour Gym session focused on a specific strength or cardio discipline. Designed for intermediate clients who've been training consistently and are ready to dive deeper. In 6-week rotations, we cover:

- Powerlifting
- Olympic weightlifting
- Gymnastics (strength-focused)
- Calisthenics
- Interval & power training
- CrossFit
- Bodybuilding



ENDURANCE CLASS

The perfect prep class for those interested in joining (or who have already joined!) our Walk to Run programme and are looking for a way to keep showing up. During winter, our weekly walk/run sessions move indoors and continue as an endurance class in our gym. Endurance classes are open to anyone looking to boost stamina, improve cardiovascular fitness, and enhance overall endurance. Participation is possible with single credits.



GENERAL



FOCUS PILATES/ GYM

Our focus classes are designed to help you refine your technique, build stability and improve your body awareness and understanding. With controlled and mindful movements, Focus pays attention to the subtle details of each exercise, allowing you to develop a deeper connection with your mind and body.

This class is ideal for those looking for a more mindful approach to their Gym or Pilates, focusing on quality over quantity and achieving accurate execution.



FLOW PILATES

Experience the fluid movements of our Pilates Flow classes, the perfect blend of Focus with a touch of Power. Here, exercises are connected in a continuous way to enhance freedom of movement and overall flow.



GENERAL



DYNAMIC GYM

Keen to feel powerful, capable, strong – just feel good? Our Dynamic Gym classes are a more intense style of class to challenge you, yet still with our supportive Waves vibes.

In this way, you get a series of exercises that are both strengthening and stimulating. Get ready for a vigorous session that will challenge you to push your limits!



POWER PILATES

Our Power classes are dynamic and energetic, combining traditional Pilates movements with more intense, challenging variations. This creates a series of exercises designed to strengthen and invigorate.

Prepare for a vigorous session that will push your limits and help you unlock your full potential.



GENERAL



CIRCUIT CLASS PILATES

Circuit Classes showcase the incredible versatility of Pilates apparatus. You rotate through various equipment stations, exploring different exercises at your own pace and skill level. All while receiving the individual attention you are accustomed to at Waves. Suitable for all levels!



APPRENTICE CLASS PILATES

Follow a 1:1 or 1:2 Pilates session with a Polestar Pilates student for only 1 credit from your Equipment pack (usually used for group classes). These sessions are taught by Polestar Pilates students who are in the final stage of their Comprehensive training course and are a great chance for you to enjoy more individual attention from a developing instructor, while using just one credit.

This class is appropriate for all level clients, but not suitable for pre-/post-natal clients and those with injuries.



GENERAL



Note: levels for each class type

We offer a variety of class types, each tailored to different levels of experience so you can find the practice that's right for you:

- Flow: Beginner, Intermediate, Advanced
- Focus: Beginner, Intermediate
- Power: Intermediate, Advanced
- Dynamic: Intermediate



GENERAL



Note: tag for advanced clients

At Waves, we love guiding you step by step through your Pilates journey. That's why we offer different class levels (Essential, Beginner, Intermediate, and Advanced) so you always feel challenged at just the right pace. With each level, the movements gradually become more complex and challenging.

Our Advanced classes are designed for experienced practitioners who feel confident with the Pilates repertoire and concepts. To keep the flow and energy of these sessions, we will use an Advanced Tag system so everyone in the room can move together smoothly and enjoy the best experience possible. Think of the Advanced Tag as your 'green light' to book and join these sessions.

You can earn your Advanced Tag in two ways:

- Observation in a circuit class: your teacher can observe you in action and confirm when you're ready.
- A 1-to-1 assessment: book a private session with one of our advanced instructors for personalised feedback.





MULTIDISCIPLINARY PROGRAMMES



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MULTIDISCIPLINARY PROGRAMMES



WALK TO RUN

Do you want to improve your running skills, prevent injuries, increase posture & performance, or do you just want to run in a group of enthusiastic, like-minded people? Walk to Run is a realistic and effective 12-week, 2 sessions per week programme that combines strength training with running and walking. A powerful combination improving your strength and stamina and bringing the confidence and fun back into your running experience.

The Walk to Run programme runs 3x/year. For more information about the next edition, visit our website.



FOUNDATIONS

Do you ever feel uncomfortable in your body, wanting change, but not quite sure how to make it last? Are you looking for a way to build sustainable food & lifestyle habits that support your physical and mental health in the long run?

Foundations is our brand-new holistic health programme created for people just like you: those who are tired of quick fixes and looking for something more meaningful. Over the course of a year, we'll guide you through mindful movement, nutrition, personalised training and behavioural coaching, never one-size-fits-all, always tailored to you. Whether you'd like to stop dieting, finally feel at ease in your body, build strength or regain control of your health, Foundations is the place to do it — with expert support, realistic goals and a warm community cheering you on.



Not sure where to start? Let's discuss your needs



We would love to hear from you. If you have any questions about any of our services please get in touch via phone +32(0)16 58 04 14, email us via hello@wavesleuven.be, or come say hi at the front desk :)

Would you like to discuss options specifically about our Pilates or Clinical Gym services? Then please schedule your free discovery call via the QR-code below:



www.wavesleuven.be

Sign up for our newsletter

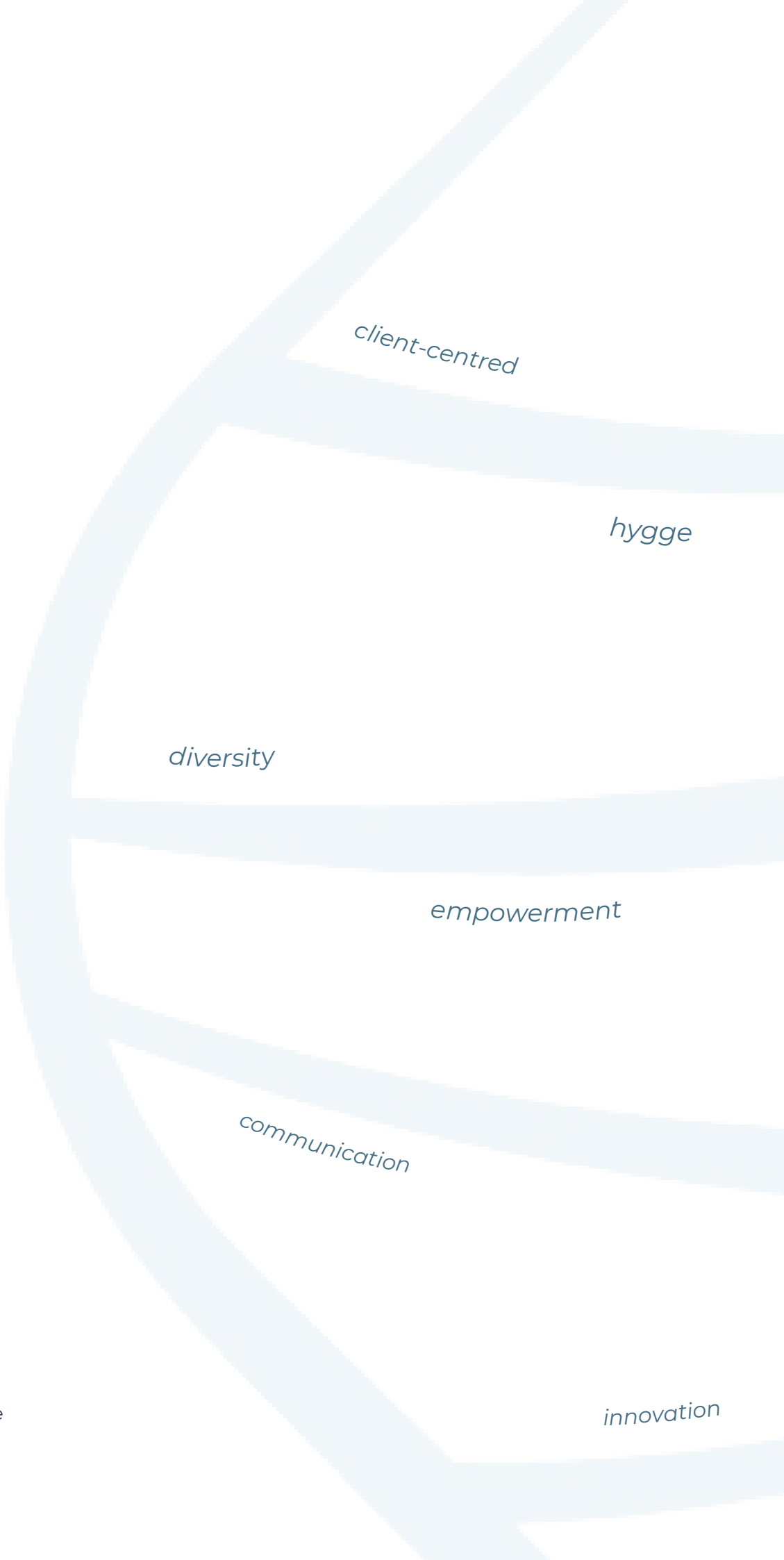


Join our email list and receive all our latest news and movement inspiration straight into your inbox. No spam — we're only sending out valuable content every 1 to 2 months. You can sign up by scanning the QR code below:



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