

Classes run from Tuesday July 4th – Sunday August 27th. (no classes on August 21st Discovery Day)

Please see course descriptions for dates the instructors will not be teaching specific to each course. All classes are pre registered and fees quoted do not include GST. All classes last 55 minutes unless otherwise indicated. Classes in bright colours are taken either two or three times a week as indicated.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45 to 7:30 am	Rise & Shine Pilates Ann All Levels \$260	Rise & Shine Pilates Ann All Levels \$260		Rise & Shine Pilates Ann All Levels	Rise & Shine Pilates Ann All Levels	10:15 am
9:00 am	Springs & Matwork Monique/Melissa All Levels \$240 ** NEW	Pilates for Seniors Ann Level 1/2 \$216	Apparatus Class Monique/Melissa All Levels \$175 ** NEW	Pilates for Seniors Ann Level 1/2	Springs & Matwork Monique/Melissa All Levels ** NEW	Essential/Intermediate Reformer Melissa Level 1/2 \$125
10:00 am	Intermediate Pilates For Seniors Ann Level 2 \$288 *		Intermediate Pilates For Seniors Ann Level 2 *	10:05 am Beginner Combination Class Melissa Level 1 \$150	Intermediate Pilates For Seniors Ann Level 2 *	Intermediate Reformer Melissa Level 2 \$125
11:00 am	Studio Series Monique/Melissa Level 2/3 \$270 NEW		Studio Series Monique/Melissa Level 2/3 \$315 NEW	11:05 am Advanced Combination Class Melissa Level 3 \$150	Studio Series Monique/Melissa Level 2/3 NEW	SUNDAY
	11:10 am Intermediate Pilates For Seniors Ann Level 2 \$288 *		11:10 am Intermediate Pilates For Seniors Ann Level 2 *		11:10 am Intermediate Pilates For Seniors Ann Level 2 *	10:00 am Beginner Combination Class Melissa Level 1 \$125
12:10 pm	Pilates for Seniors Ann Level 1/2 \$288 *	12:00 pm Lunch Time Apparatus & Springs Ann Level 2 \$300	Pilates for Seniors Ann Level 1/2 *	12:00 pm Lunch Time Apparatus & Springs Ann Level 2	Pilates for Seniors Ann Level 1/2 *	11:00 am Intermediate Combination Class Melissa Level 2 \$125
4:30 pm	Springs Fusion Monique/Ann Level 1/2 \$120 NEW			Matwork & Springs Rebel Level 1/2 \$120 NEW	WORKSHOPS Intro To Pilates Monday June 26 Ann 6:00 – 7:30 pm \$45 Intro To Pilates Tuesday June 27 Ann 6:30 – 8:00 pm \$45 Intro To Pilates Wednesday June 28 Ann 5:30 – 7:00 pm \$45 <small>More to be added as necessary.</small>	Intermediate Combination Class Melissa Level 2 \$125
5:30 pm	Springs Fusion Monique/Ann Level 2 \$120 NEW	Matwork & Springs Rebel Level 2 \$160 *** NEW	Circuit Matwork Mykaela Level 2/3 \$126 NEW	Matwork & Springs Rebel Level 2 \$120 *** NEW		12:00 pm Beginner Combination Class Melissa Level 1 \$125
	Stretch Therapy for Strength and Flexibility Lauren All Levels \$100					
6:30 pm	Studio Class <i>(Reformer, Chair, Springs & Mat)</i> Monique/Ann Level 2/3 \$150	Studio Class Rebel Level 2 \$200 **** NEW	Intense Workout Mykaela Level 2 \$126 NEW	Studio Class Rebel Level 2 \$150 **** NEW	 <i>"you'll have a different body"</i> - Joseph Pilates	
	Stretch Therapy for Strength and Flexibility Lauren All Levels \$100					
7:30 pm		Intermediate Matwork Rebel Level 2 \$280		Intermediate Matwork Rebel Level 2		Melissa Pierson doing the Teaser on the Reformer