

Session 4 Classes run from Tuesday, July 2nd - Saturday, Aug 24th.

(No classes Aug 17th-19th & Discovery Day weekend)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 am		Rise & Shine Matwork & Springs Ann ML 45min \$220		Rise & Shine Matwork & Springs Ann ML 45min		
8:00 am	Apparatus Nadea ML \$150			Apparatus Rebel ML \$125	Apparatus Nadea ML \$175	
9:00 am	Total Pilates Nadea ML \$325	Total Pilates for Seniors Penny K Level 2+ \$360		Total Pilates for Seniors Penny K Level 2+	Total Pilates Nadea ML	9:30 am
				Apparatus Rebel ML \$125		Apparatus Olive Level 2 \$150
10:00 am	Pilates For Seniors Ann Level 2/3 \$180	10:05 am	Apparatus For Seniors Ann Level 2/3 \$150	Apparatus Rebel Level 2 \$125	Pilates For Seniors Ann Level 2/3	10:30 am
		Total Pilates for Seniors Penny K Level 1/2 \$360		10:10 am		Total Pilates for Seniors Penny K Level 1/2
11:00 am	Apparatus Nadea Level 2/3 \$150	11:05 am	Progressive Pilates Matwork & Springs Nadea Level 2/3 \$140	Apparatus Rebel Level 3 \$125	11:10 am	11:30 am
	11:10 am	Total Pilates for Seniors Penny K Level 1/2 \$360			11:10	Pilates For Seniors Ann Level 2/3
	Pilates For Seniors Ann Level 2/3 \$180		Apparatus For Seniors Ann Level 2/3 \$150			
12:05 pm	Lunchtime Total Barre & Mat** Nadea ML \$257 or \$143 NEW	Lunchtime Apparatus Rebel Level 2 \$250	Lunchtime Total Barre & Mat** Nadea ML \$257 or \$143 NEW	Lunchtime Apparatus Rebel Level 2		
1:00 pm	Apparatus Nadea Level 3 \$150					INTRO TO PILATES &/OR BARRE WORKSHOPS: Sunday, June 23rd, 12:00 to 1:15 pm \$45 Tuesday, June 25th, 5:15-6:30pm \$45
4:30 pm		Apparatus Olive Level 2 \$325	Matwork & Springs Nadea Level 2 \$140	Apparatus Olive Level 2	Apparatus Nadea Level 1 \$175	
5:30 pm	Reformer Full Body Stretch Nadea ML \$150 NEW	Matwork & Springs Rebel Level 2 \$140	Matwork & Springs Nadea Level 2/3 \$140	Matwork & Springs Rebel Level 2 \$100	Apparatus Nadea Level 2 \$175	
6:30 pm		Apparatus Rebel Level 2 \$175	Matwork & Springs Nadea ML \$140	Apparatus Rebel Level 2 \$125	Apparatus Nadea Level 1 \$175	
7:30 pm		Matwork & Springs Rebel Level 1 \$240		Matwork & Springs Rebel Level 2/3	Apparatus Nadea ML \$175	
8:30 pm					Reformer Full Body Stretch Nadea ML \$175 NEW	

All senior classes offer 10% for those over 60.
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 twice a week as indicated.
ML = Multi Level

** If you are taking both Monday and Wednesday classes the fee is \$257.
If you are just taking one class the fee is \$143. (10% off for both classes taken together)

Ann's granddaughter, Olivya Asquith, doing her first Reformer class three years ago at age 8.

