

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7am			7 to 8am Reformer 2/3 Sharon				7 to 8am Reformer 2/3 Sharon					
8am			8 to 9am Ref 2/3 Sharon				8 to 9am Reformer 1/2 Sharon				8 to 9am Athletic Training Sharon	
9am	9 to 10am Combo 2/3 Sharon		9 to 10am Mat 1/2 Sharon		9 to 10am Barre Combo Holly <b>NEW!</b>		9 to 10am Mat 1/2 Sharon	9 to 10am Combo 2/3 Jacqueline	9 to 10am Combo Foundations Holly <b>NEW!</b>		9 to 10am Mat Foundations Dana <b>NEW!</b>	
10am	10 to 11am Combo Foundations Sharon <b>NEW!</b>		10 to 11 am Reformer 1/2 Sharon				10 to 11am Standing and Balance 1 Jacqueline		10 to 11am Reformer 2/3 Sharon		10 to 11am Mat 2 Dana	10 to 11am Cardio Tramp Level 3 Sharon
11am	11 to 12pm Cardiotramp Combo Dana <b>NEW!</b>		11 to 12pm Mat 2/3 Dana	11 to 12pm Pilates for Seniors Sharon			11 to 12pm Mat 2/3 Jacqueline		11 to 12pm Somatics Regina <b>NEW!</b>		11 to 12pm Reformer 1/2 Sharon	
12pm							12 to 1 pm Combo 1/2 Jacqueline				12 to 1pm Reformer 2 Sharon	
1pm												
2pm	2 to 3pm Restorative Flow Reformer Sharon		2 to 3pm Reformer 1/2 Sharon				2 to 3pm Reformer 1/2 Sharon					
3pm												
4pm	4 to 5pm Pre/Postnatal Combe Dana <b>NEW!</b>								4 to 5pm Gentle Flow Yoga Meghan <b>NEW!</b>			Yoga
5pm	5 to 6pm Mat 1 Dana	5 to 6pm Reformer 1 Sharon	5 to 6pm Combo 2/3 Dana <b>NEW!</b>		5 to 6pm Cardiotramp Sharon		5 to 6pm Reformer 2 Dana					Foundations
6pm	6 to 7pm Reformer 3 Sharon		6 to 7pm Combo Sculpt Sharon	6 to 7pm Pilates for Scoliosis Jacqueline	6 to 7pm Mat 1/2 Sharon		6 to 7pm Pilates for Scoliosis Mat Jacqueline					Levels
7pm	7 to 8pm Reformer 3 Sharon		7 to 8pm Combo Foundations Sharon <b>NEW!</b>	7 to 8pm Combo Foundations Regina	7 to 8pm Reformer 3 Sharon		7 to 8pm Combo Foundations 2 Dana					Specialty

GROUP RATES		GROUP CLASS DESCRIPTIONS	
Reformer or Combo (Pilates) (3-5 participants)	1 per week \$26.00/class 2 per week \$23.50/class 3 per week \$21.00/class	Reformer Combo Pilates	The Reformer classes are designed to tone muscles, strengthen the core and provide invigorating total body workout. The Reformer helps you isolate and condition each and every joint in the body without straining. (½ Reformer & ½ on the Mats)
Mat Pilates or Yoga (3-6 participants)	1 per week \$17.00/class 2 per week \$16.00/class 3 per week \$14.00/class	Mat Pilates	The Mat classes are designed to help develop leaner, long looking muscles, establish core strength and stability. Props are incorporated to add variety to your workout.
Drop-in Rate (call to confirm space and reserve)	\$20.00/class 1 hr (Mat/Yoga) \$28.00/class 1 hr (Reformer/Combo)	Flow Yoga	An invigorating class concentrating on breath with movements as you flow from one pose to the next. Improve strength and flexibility, decrease stress, and enhance body awareness.
		Combo Classes	Combine the benefits of the reformer and mat with this dynamic and total-body workout. Half the class on the reformer is set to improve muscle tone through resistance, strengthen core and isolate muscles and mobilize joints with minimal strain. Jump to the mat and develop leaner, longer muscles while establishing core and stability. Props are incorporated to add variety and challenge.
		Cardio-tramp	Rebounding on a mini-trampoline affects every organ and is directly related to the efficiency of the lymphatic system, cardiovascular endurance and immune function. The rebounder allows participants with joint issues to strengthen their connective tissues, improving joint resilience. A full-body strengthening, invigorating and toning workout, a good sweat!
PRIVATE AND SEMI PRIVATE RATES		NEW TO PILATES?	
Welcome Package	3 one hour Private Pilates or Yoga sessions \$210.00 (one time only)	<b>WELCOME PACKAGE:</b> The Welcome Package is recommended for those with injuries/rehabilitative focus. One-on-one assessment and instruction to learn the foundations and principles of Pilates - all equipment available.  <b>FOUNDATIONS CLASSES:</b> This Class offers participants an introduction to Reformer or Mat Work. You will review the STOTT PILATES 5 Basic Principles and learn essential exercises to establish core strength, stability and body awareness, improve muscle tone, posture and alignment.  <b>Call or Email to book your Private or Class today!</b> <b>Studio Coordinator 250 598 9828 ext 2</b> <a href="mailto:pilates@shelbournphysio.ca">pilates@shelbournphysio.ca</a> <a href="http://www.pilatesvictoriabc.ca">www.pilatesvictoriabc.ca</a>	
Privates	\$80.00		
Semi Private	\$45.00/per participant		
Private Packages	5 Private Sessions \$375.00 (Save\$25) 10 Private Sessions \$740.00 (Save\$60) 15 Private Sessions \$1095.00 (Save\$105) 20 Private Sessions \$1440.00 (Save\$160)		
Punch Cards (1 year exp.) Booked weekly	Reformer Combo 8 Classes \$206.00 5 Classes \$130.00		
Call to check availability	Mat (Mat, Yoga, Fusion) 8 Classes \$136.00 5 Classes \$85.00		