

Spring 2019

March/April 2019

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|------|---|--|---|---|--|--|--|--|--|--|-------------------------------------|--|
| 7am | | | | 7 to 8am Reformer 2/3 Sharon | | | 7 to 8am Reformer 1/2 Sharon NEW! | | | | | |
| 8am | | | | 8 to 9am Reformer 1/2 Sharon | | 8 to 9am Combo Foundations Sharon NEW! | 8 to 9am Reformer 1/2 Sharon | | 8 to 9am Athletic Conditioning Sharon | 8 to 9am Mat Foundations Dana | | |
| 9am | | 9 to 10am Combo Foundations Sharon NEW! | 9 to 10am Mat 1/2 Sharon | 9 to 10am Reformer Foundations Dana NEW! | 9 to 10am Pilates for Low Back Pain - Mat Chris | | 9 to 10am Mat 1/2 Sharon | | 9 to 10am REHP Class Sharon NEW! | | | |
| 10am | | 10 to 11am Combo 1/2 Sharon | | 10 to 11am Combo 1/2 Dana NEW! | | 10 to 11am REHP Combo Dana | | | 10 to 11am Reformer 2/3 Sharon | | 10 to 11am Cardiotramp 3 Dana | |
| 11am | 11 to 12pm Mat 2 Sharon NEW! | 11 to 12pm Reformer 1 Dana | 11 to 12pm Mat 2/3 Dana | 11 to 12pm Seniors Reformer Sharon | 11 to 12pm Athletic Training Sharon | 11 to 12pm Combo 1/2 Dana NEW! | 11 to 12pm Mat 2/3 Dana | 11 to 12pm Reformer 1 Sharon | | 11 to 12pm Golfers Combo Chris | | 11 to 12pm Cardiotramp Combo 1/2 Dana |
| 12pm | 12 to 1pm Mat Foundations Dana | 12 to 1pm Cardiotramp 1/2 Sharon | | 12 to 1pm Seniors Foundations Sharon NEW! | | 12 to 1pm Combo Sculpt 1 Sharon | | 12 to 1pm Reformer Foundations Dana NEW! | 12 to 1pm Pilates Flow Mat Chris | 12 to 1pm Reformer Foundations Sharon | | |
| 1pm | | 1 to 2pm Reformer 1/2 Chris NEW! | | 1 to 2pm Reformer Foundations Chris NEW! | 1 to 2pm Mat Pilates with the Gymstick Dana NEW! | | | | | 1 to 2pm Reformer 1/2 Chris | | |
| 2pm | | 2 to 3pm Restorative Flow Sharon | | 2 to 3pm Reformer 1/2 Sharon | | | 2 to 3pm Mat Foundations Chris NEW! | 2 to 3pm Reformer 2 Sharon | | | | |
| 3pm | | 3 to 4pm Reformer Foundations Chris NEW! | | 3 to 4pm Pilates for Hikers Dana NEW! | | | | 3 to 4pm Reformer Foundations Chris NEW! | | | | |
| 4pm | | 4 to 5pm Combo 2 Dana | 4 to 5pm Pilates for Low Back Pain - Mat Chris NEW! | 4 to 5pm Combo Foundations Dana | | 4 to 5pm Reformer 1 Chris | 4 to 5pm Mat 2/3 Sharon NEW! | 4 to 5pm Combo 1/2 Dana NEW! | | | | |
| 5pm | 5 to 6pm Mat Foundations Chris | 5 to 6pm Reformer 1/2 Sharon | | 5 to 6pm Combo 2/3 Dana | | 5 to 6pm Combo 1 Chris | | 5 to 6pm Reformer 2 Dana | | | | Foundations |
| 6pm | | 6 to 7pm Reformer 3 Sharon | 6 to 7pm Combo Foundation Chris NEW! | 6 to 7pm Combo Sculpt Dana | | 6 to 7pm Reformer 2 Chris | | 6 to 7pm Combo Foundations 2 Dana | | | | Levels |
| 7pm | 7 to 8pm Pilates Flow Chris | 7 to 8pm Reformer 3 Sharon | | 7 to 8pm Pre/Post Natal Dana | | 7 to 8pm Reformer 3 Chris | | 7 to 8pm Combo Foundations Dana | | | | Specialty |

| GROUP RATES | | GROUP CLASS DESCRIPTIONS | |
|--|---|---|---|
| Reformer or Combo (Pilates (3-5 participants)) | 1 per week <i>\$26.00/class</i> 2 per week <i>\$23.50/class</i> 3 per week <i>\$21.00/class</i> | 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. (<i>½ Reformer & ½ on the Mats</i>) |
| Mat Pilates or Yoga (3-6 participants) | 1 per week <i>\$17.00/class</i> 2 per week <i>\$16.00/class</i> 3 per week <i>\$14.00/class</i> | 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) | <i>\$20.00/class 55 mins (Mat/Yoga)</i> <i>\$28.00/class 55 mins (Reformer/Combo)</i> | 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. |
| Punch Cards (1 year exp.) Booked weekly Call to check availability | Reformer Combo 8 Classes <i>\$208.00</i> 5 Classes <i>\$130.00</i> | 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! |
| | Mat (Mat, Yoga, Fusion) 8 Classes <i>\$136.00</i> 5 Classes <i>\$85.00</i> | 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. |
| PRIVATE AND SEMI PRIVATE RATES | | NEW TO PILATES? | |
| Welcome Package | Three 55 mins Private Pilates or Yoga sessions <i>\$210.00</i> <i>(one time only)</i> | WELCOME PACKAGE: 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. FOUNDATIONS CLASSES: 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. Call or Email to book your Private or Class today! Studio Coordinator 250 598 9828 ext 2 pilates@shelbournephysio.ca www.pilatesvictoriabc.ca | |
| Privates | <i>\$80.00</i> | | |
| Semi Private | <i>\$45.00/per participant</i> | | |
| Private Packages | 5 Private Sessions <i>\$375.00 (Save\$25)</i> 10 Private Sessions <i>\$740.00 (Save\$60)</i> 15 Private Sessions <i>\$1095.00 (Save\$105)</i> 20 Private Sessions <i>\$1440.00 (Save\$160)</i> | | |