

Sept/Oct 2025

# CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am					6 to 7am Level 3 Chris <b>NEW!</b>	
7am		7 to 8am Level 1 Maggie		7 to 8am Level 1 Lori	7 to 8am Level 2.5 Chris	
8am		8 to 9am Level 2 Maggie	8 to 9am Classical Foundations SJ <b>NEW!</b>	8 to 9am Level 1.5 Lori	8 to 9am Level 2 Chris	
9am	9 to 10am Stretch/Sculpt 1.5 Chantelle	9 to 10am Level 1 Maggie	9 to 10am Level 2 Lori	9 to 10am Level 1 Lori	9 to 10am Level 1.5 Chantelle	9:30 to 10:30am Level 1.5 Taya
10am	10 to 11am All Levels Chantelle	10 to 11am Level 2 Maggie	10 to 11am Level 1.5 Lori	10 to 11am Level 2 Lori	10 to 11am Stretch 2 Chantelle	10:30 to 11:30am Level 1.5 Taya <b>NEW!</b>
11am	11 to 12pm Level 1.5 Chantelle	11 to 12pm Sculpt 2.5 Chantelle	11 to 12pm Level 2 Lori	11 to 12pm Level 2 SJ	11 to 12pm Level 1 Chris <b>NEW!</b>	11:30 to 12:30pm Level 1 Taya
12pm	12 to 1pm Level 2 Taya	12 to 1pm All Levels Lori	12 to 1pm All Levels Lori	12 to 1pm All Levels SJ	12 to 1pm Level 2.5 Chris	12:30 to 1:30pm Foundations Maggie <b>NEW!</b>
1pm	1 to 2pm Level 2 Taya	1 to 2pm Level 1.5 Lori		1 to 2pm Level 1.5 SJ		
2pm	2 to 3pm Level 1 Taya		2 to 3pm Level 1 Kelsey		2 to 3pm Level 1 SJ <b>NEW!</b>	
3pm	3 to 4pm Level 1 Taya	3 to 4pm Level 2 Taya <b>NEW!</b>	3 to 4pm Level 1.5 Kelsey	3 to 4pm Level 2 Maggie		<u>Legend:</u> Taya* - Thea
4pm	4 to 5pm Sculpt 2.5 Chantelle	4 to 5pm Level 2 Taya	4 to 5pm Level 1 Kelsey	4 to 5pm Level 1 Maggie	4:30 to 5:30pm Level 2 SJ <b>NEW!</b>	Foundations
5pm	5 to 6pm Level 2.5 Chantelle	5 to 6pm Level 1 Taya	5 to 6pm Level 2 SJ <b>NEW!</b>	5 to 6pm Level 2 Kelsey	5:30 to 6:30 Classical Foundations SJ	Classical Foundations
6pm	6 to 7pm Level 2 SJ <b>NEW!</b>	6 to 7pm Level 1 Taya	6 to 7pm Level 2.5 SJ <b>NEW!</b>	6 to 7pm Level 1 Kelsey		STOTT Pilates Levels
7pm	7 to 8pm Level 3 SJ <b>NEW!</b>	7 to 8pm Level 1.5 Taya	7 to 8pm Level 3 SJ <b>NEW!</b>	7 to 8pm Level 1.5 Kelsey		Specialty

*For Private Session availability, please contact the studio at (250) 598-9828 ext 2*

Group Rates	New To Pilates	
<b>Registration Rates:</b> 1x week \$30.00/class 2x week \$27.50/class 3x week \$25.00/class	<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. Three 50 mins <b>Private Pilates sessions \$225.00 (one time only)</b> <b>Extended package \$75.00 per session (up to two sessions)</b>	
<b>Drop-in:</b> \$32.00/class <b>Punch Card:</b> 8 Classes \$240.00 5 Classes \$150.00 <i>*classes are booked up to 2-weeks in advance</i>	<b>Foundations Class:</b> This Class offers participants an introduction to Reformer based Pilates. 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>These classes are done for the length of a registration session and billed as \$30.00/class.</b>	
Private Packages	Class Descriptions	
<b>Single Private \$85.00</b> <b>5 Private Sessions \$395.00</b> <i>(Save\$30)</i> <b>10 Private Sessions \$780.00</b> <i>(Save\$70)</i> <b>15 Private Sessions \$1145.00</b> <i>(Save\$130)</i> <b>20 Private Sessions \$1520.00</b> <i>(Save\$180)</i>	<b>STOTT Level 1</b> <b>Exercises:</b> <b>Beginner</b> <b>Tempo: Slow</b>	You will build on your introduction to Pilates by expanding further on the 5 basic principles. In addition to understanding the What, Why and How of each principle, you learn how they apply more specifically to your own body. Additionally you learn how to modify exercises in case they don't work for you or your body.
	<b>STOTT Level 2</b> <b>Exercises:</b> <b>Intermediate</b> <b>Tempo: Moderate</b>	Participants will learn exercises from the Intermediate repertoire on either the mat, reformer, and/or stability chair. Exercises from the beginner repertoire and the 5 basic principles should now be familiar.
	<b>STOTT Level 3</b> <b>Exercises:</b> <b>Advanced</b> <b>Tempo: Fast</b>	At this stage your passion for Pilates and optimal movement is obvious, your exercises are graceful and you are very familiar with the repertoire. In this class you will build on your strength, endurance, speed, power and agility with advanced exercises.
<b>Semi Private:</b> If you and a friend would like to book together, we have a dedicated room for up to two participants! <b>\$50.00/per participant</b>	<b>Stretch</b> <b>Exercises: reformer with yoga postures</b> <b>Tempo: Slow</b>	The perfect balance of strength and stretch. Learn how to blend Pilates principles into yoga postures to achieve proper form and alignment allowing for deeper stretches and enhanced muscle recovery. This class is slowed down to focus on breath and create a meditative quality which promotes mind/body relaxation and calm anxiety.
<b>Level Assessment:</b> For those with previous experience in reformer Pilates. A single 50-min private session where an instructor will gauge your knowledge of the Pilates principles and recommend a class level.	<b>Sculpt</b> <b>Exercises:</b> <b>Intermediate</b> <b>Tempo: Moderate</b>	This class is amped up to give you a full body burn with a prime focus on stability, control and strength. Props, Cardio tramp and hand weights are added to regular reformer exercises to target multiple muscle groups within a specific exercise. This class is meant to be sweaty, building internal heat and increased heart rate.
<b>Contact us at:</b> 250 598 9828 Ext 2 <a href="mailto:pilates@shelbournphysio.ca">pilates@shelbournphysio.ca</a> <a href="http://www.pilatesvictoriabc.ca">www.pilatesvictoriabc.ca</a>	<b>Classical Foundations</b> <b>Exercises: All levels</b> <b>Tempo: Moderate</b>	This class focuses on the core principles of classical Pilates, using breath, precision and control to tone and strengthen the body. Originally called, Contrology, by its founder, Joseph Pilates, the classical method will connect you deeper to your body and its potential. This beginner-friendly class will introduce you to finding deep core strength and postural alignment, improve your athletic ability, allow you to continue to be mobile, prevent injuries and more!