

Shelbourne Pilates Studio

Pilates, Clinical Pilates, Exercise Rehabilitation, Yoga

To our valued clients,

Spring is finally here and we are all making our plans for summer, getting fit for the outdoor weather and activities!

Remember: The benefits of Pilates extend to compliment other activities and sports very well – Improving strength, endurance, muscle balancing, posture/form, and prevention of injury.

Come join us as we “Spring into Summer” and get our bodies in shape for beautiful weather!

We as a team and family strive to create a warm, caring atmosphere which also challenges and supports you while achieving your goals.

New to the studio?

Please call us anytime and we can help you find the right choice for you to optimize your experience!

We have many options to fit all different needs and goals.

250.598.9828 ext 2

pilates@shelbournephysio.ca



REGISTRATION SIGN-UP

**Spring into Summer Session April 23rd – June 16th
(holiday May 21-studio closed)**

Please note: **Signing up is a commitment for the session.** Class changes and cancellations will not be accepted after registration.

Payment is due at time of Registration and can be made in person upstairs in the studio, downstairs at Physio, or over the phone with Credit Card.

During the first week of registration current clients are to confirm their registration. By the end of the first week, the class spots will open up to the public so please confirm by the end of the week whether or not you would like to continue to progress in your current class. If you are going to be absent for a portion of the session please refer to the studio policies, and contact the studio coordinator.

If you are going to be away for the entire session, or will not be continuing in your class please let the studio coordinator know asap.

Please refer to the attached schedule for class selection, prices, studio policies, etc.

Thank you all! Please let me know if you have any questions or concerns, I am here to help!

Erin



WE SALUTE YOU!

We have such an amazing group of clients at our studio. You are all so wonderful and we truly appreciate you!

Keep your eyes out for news on our 2nd Annual Wine and Shine Fashion Show early June!

Thank you for helping to make our first one such a success!

New this session:

Pilates for Gardeners

Maximize your potential as well as your garden's! Use this workshop to learn the principles of Pilates and how to apply them to your gardening!

- Increase your core strength and trunk stability
- Reduce backache and the risk of injury
- Improve flexibility to assist you with reaching and stretching
- Improve joint mobility, increase manual dexterity, reduce wear and tear on joints
- Learn how to apply correct lifting skills
- Increase muscular strength and endurance
- Learn quick and easy exercises to prepare your body and recover from gardening

Beginners welcome , Fridays 10am

Instructor: Leslie Hopkins

STOTT Certified Pilates Instructor, MCPA Physiotherapy Assistant



Core Conditioning Class with Heidi Nottelman

Studio Kinesiologist

Introduction to core exercises using free weights, stability balls, bosu balls, flex-bands and more

Challenge your strength and balance while training your core!

Mon Wed 11am or 1pm

Small group class

Heidi is also available for private sessions of Core and Exercise Rehabilitation

Heidi works as a physiotherapy assistant and appts can be covered under extended health care plans *customized home exercise programs, pool and gym visits*

www.shelbournphysio.ca
email pilates@shelbournphysio.com
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YOGA

Please take advantage of a **Free drop in** Yoga for first-time yoga clients

Bring a friend if you like!

Try our Therapeutic and Hatha Yoga classes with Deanne or Sydney, or Flow Yoga with Nicole

If you have specific goals or needs
YOGA private sessions may be the choice for you!



Specialty Classes:

- Plus-Size Pilates
- Pilates for Scoliosis
- Pilates for Seniors
- Youth Pilates
- Pilates for Osteoporosis
- Pre and Post Natal Pilates
- CardioTramp Reformer Pilates

Ask the studio coordinator for details

If you don't see a class that fits your needs,
please let me know and I will do my best to
organize a group that would be best suited for
you!

Suggestions are welcome!



Clinical Pilates

Physiotherapy Rehabilitation Exercise

Do you have chronic pain?

Are you working through a specific injury or condition?

Do you have extended health care for Physiotherapy?

Clinical Pilates as a Physiotherapy Service

Pilates is the fastest growing form of exercise in North America, and one of the most effective forms of rehabilitation.

At Shelbourne Studio, Private Clinical Pilates sessions can be covered under extended Health care plans when under the care of one of our physiotherapists

Please ask the studio coordinator if this is the right program for you!

*Intelligent exercise,
Profound results
Stott Pilates*



Wishing you and your loved ones good health,
love and laughter this season and always!

Erin Hamm

Pilates and Exercise Rehabilitation

Coordinator

Shelbourne Pilates, Yoga and Exercise

Rehabilitation Studio

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