Jan/Feb 2026

CLASS SCHEDULE

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

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

Group Rates

Registration Rates: 1x week *$30.00/class*
2x week *$27.50/class*
3x week *$25.00/class*

Drop-in: $32.00/class
Punch Card: 8 Classes $240.00
5 Classes $150.00
**classes are booked up to 2-weeks in advance*

New To Pilates

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. Three 50 mins
Private Pilates sessions *$225.00 (one time only)*
Extended package $75.00 per session (up to two sessions)

Foundations Class: 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.
These classes are done for the length of a registration session and billed as *$30.00/class.*

Private Packages

Single Private *$85.00*
5 Private Sessions *$395.00*
(Save$30)
10 Private Sessions *$780.00*
(Save$70)
15 Private Sessions *$1145.00*
(Save$130)
20 Private Sessions *$1520.00*
(Save$180)

Semi Private: If you and a friend would like to book together, we have a dedicated room for up to two participants!
$50.00/per participant

Level Assessment: 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.

Class Descriptions

STOTT Level 1 Exercises: Beginner Tempo: Slow	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.
STOTT Level 2 Exercises: Intermediate Tempo: Moderate	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.
STOTT Level 3 Exercises: Advanced Tempo: Fast	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.
Stretch Exercises: reformer with yoga postures Tempo: Slow	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.
Sculpt Exercises: Intermediate Tempo: Moderate	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.

Contact us at:
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