

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7am				7 to 8am Reformer 2/3 Sharon		7 to 8am Combo Foundations Sharon NEW!		7 to 8am Reformer 1/2 Sharon				
8am				8 to 9am Reformer 1/2 Sharon				8 to 9am Reformer 1/2 Sharon		8 to 9am Athletic Conditioning Sharon NEW!		8 to 9am Balance and Flow Dana NEW!
9am		9 to 10am Combo Foundations Sharon NEW!	9 to 10am Mat 1/2 Sharon	9 to 10am Balance and Flow Reformer Dana	9 to 10am Pilates for Low Back Pain - Mat Chris NEW!	9 to 10am Seniors Reformer Sharon NEW!	9 to 10am Mat 1/2 Sharon	9 to 10am Reformer 2/3 Dana		9 to 10am REHP Class Sharon		
10am	10 to 11am Mat 2 Dana NEW!	10 to 11am Combo 1/2 Sharon			10 to 11am REHP Combo Dana NEW!	10 to 11am Athletic Conditioning Combo Sharon NEW!				10 to 11am Reformer 2/3 Sharon		10 to 11am Cardiotramp 3 Dana
11am		11 to 12pm Reformer 1 Dana	11 to 12pm Mat 2/3 Dana	11 to 12pm Seniors Reformer Sharon		11 to 12pm Reformer 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 NEW!	12 to 1pm Cardiotramp 1/2 Sharon NEW!	12 to 1pm Mat 1/2 Sharon NEW!	12 to 1pm Cardiotramp Combo 1/2 Dana NEW!		12 to 1pm Combo Sculpt 1 Sharon			12 to 1pm Pilates Flow Mat Chris	12 to 1pm Combo Sculpt 2 Sharon NEW!		
1pm		1 to 2pm Reformer 1/2 Chris		1 to 2pm Athletic Conditioning Combo Sharon NEW!		1 to 2pm Osteo-Pilates 1 Dana NEW!			1 to 2pm Pilates for Low Back Pain - Mat Chris			
2pm		2 to 3pm Restorative Flow 2 Sharon	2 to 3pm Mat Foundations Dana	2 to 3pm Reformer 1/2 Sharon	2 to 3pm Mat 1 Sharon NEW!		2 to 3pm Mat Foundations Chris	2 to 3pm Reformer 2 Sharon				
3pm		3 to 4pm Plus Size Reformer Chris										
4pm	4 to 5pm Athletic Conditioning Combo Sharon NEW!	4 to 5pm Combo 2 Dana	4 to 5pm Combo 1 Chris NEW!	4 to 5pm Combo Foundations Dana			4 to 5pm Combo Foundations Chris NEW!	4 to 5pm Osteo-Pilates 1/2 Dana NEW!				
5pm	5 to 6pm Mat 2/3 Dana NEW!	5 to 6pm Reformer 1/2 Sharon	5 to 6pm Mat Foundations Chris	5 to 6pm Combo 2/3 Dana		5 to 6pm Cardiotramp All Levels Chris		5 to 6pm Reformer 2 Dana				Foundations
6pm	6 to 7pm Yoga Dana	6 to 7pm Reformer 3 Sharon		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 \$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)	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 \$208.00 5 Classes \$130.00	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 \$136.00 5 Classes \$85.00	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	3 one hour Private Pilates or Yoga sessions \$210.00 (one time only)	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@shelbournphysio.ca www.pilatesvictoriabc.ca	
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)		