

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER
7am			7 to 8 am Mat 2 Debby					7 to 8am Reformer 2 Debby	<i>New Year Session 2012 Jan 2-Feb 25th</i>			
8am			8 to 9am EarlyBird Yoga-lates Debby	<b>NEW!</b> 8 to 9am Reformer 1/ 2 Sharon		730 to 830am Reformer Combo 1 Leslie	8 to 9am EarlyBird Yoga-lates Debby	8 to 9am Reformer 1/ 2 Sharon				
9am	9 to 10am FLOW Yoga NICOLE	9 to 10am Reformer Combo 3 Jacqueline	9 to 10am Mat 1 Karen	9 to 10am Reformer COMBO 1 Jacqueline		9 to 10am Reformer 1 Leslie	9 to 10 am Mat 1 Karen	9 to 10am Reformer Combo 2 Jacqueline	9 to 10am Flow Yoga NICOLE	9 to 10am Reformer COMBO 1 Jacqueline	9 to 10am Mat 1 Jacqueline/Deb	
10am	10 to 11am Reformer Combo 1/2 Karen	10 to 11am Reformer Combo 2 Jacqueline	10 to 11am Therapeutic Yoga DEANNE	10 to 11am Reformer Combo 2 Karen	10 to 11 Reformer Combo 1/2 Karen	10 to 11am Reformer Combo 2 Leslie		10 to 11am Reformer Combo 2 Karen			10 to 11am Mat 2 Jacqueline/Deb	
11am	11 to 12 Core Conditioning Program Heidi	11 to 12pm Reformer Combo 1/2 Karen	11 to 12pm Mat 2 Jacqueline	11 to 12pm Pilates for Osteoporosis Karen	11 to 12 Core Conditioning Program Heidi	11 to 12pm Reformer Combo 1/2 Karen	11 to 12pm Mat 2 Jacqueline	11 to 12pm Pilates for Osteoporosis Karen	11 to 12pm Mat 2 Karen	11 to 12pm Reformer Combo 2 Jacqueline	<b>NEW!</b> 11 to 12am Reformer Combo 1 Jacqueline/Deb	
12pm	12 to 1pm Mat 2 Karen	12 to 1pm Combo Foundations Jacqueline		12 to 1pm Reformer 2 Jacqueline	12 to 1 Mat1 Leslie	12 to 1pm Reformer 1 Karen	12 to 1pm Therapeutic Yoga For Seniors DEANNE	12 to 1pm Combo Foundations Jacqueline	12 to 1pm Mat 1 Karen			12 to 1pm Reformer Combo 2 Jacqueline/Sharon
1pm	1 to 2pm Core Conditioning Program Heidi	1 to 2pm Pilates for Seniors Karen			1 to 2pm Core Conditioning Program Heidi	1 to 2pm Pilates for Seniors Karen					<b>NEW!</b> 1 to 2pm CardioTramp 1 Sharon	
2pm										2 to 3pm Reformer Combo 3 Jacqueline		2 to 3pm PowerMat Flow Sharon
3pm	3 to 4pm Pilates for Scoliosis Justina	3 to 4pm Reformer Combo 1 Sharon						3 to 4pm Reformer Combo 1 Sharon	3 to 4pm TEEN Pilates Foundations Jacqueline	3 to 4pm CardioTramp 1 Sharon		Orange= Reformer
4pm	4 to 5pm Mat 1 Sharon	4 to 5pm Reformer Combo 1 Debby	4 to 5pm Mat 1 Leslie	4 to 5pm REHAB COMBO 1 Karen	<b>NEW!</b> 4 to 5pm Mat 1 Sharon	4 to 5pm Reformer Combo 1 Debby	4 to 5pm Mat 1 Leslie	4 to 5pm REHAB COMBO 1 Karen	4 to 5pm TEEN Pilates 1 Jacqueline	4 to 5pm Reformer 2 Sharon		Green = Beginner Pilates
5pm	5 to 6pm Reformer Combo 2 Sharon	5 to 6pm Reformer Combo 1 Debby	5 to 6pm Mat 2 Leslie	5 to 6pm ICBC Core Conditioning Karen	<b>NEW!</b> 5 to 6pm Mat 2 Sharon	5 to 6pm Reformer Combo 1 Debby	5 to 6pm Mat 2 Leslie	5 to 6pm ICBC Core Conditioning Karen	5 to 6pm POWERMAT Sharon	<b>NEW!</b>		Blue = Mat Pilates
6pm	6 to 7pm Mat 1 Sharon	<b>NEW!</b> 6 to 7pm CardioTramp 2 Debby	6 to 7pm Reformer COMBO 1/2 Karen	6 to 7pm Reformer Combo 1 Leslie	<b>NEW!</b> 6 to 7pm Mat 1 Sharon	6 to 7pm CardioTramp 2 Debby	6 to 7pm Reformer COMBO 1/2 Karen	6 to 7pm Reformer COMBO 1 Leslie				Yellow = Yoga
7pm	7 to 8pm Mat 2 Debby	7 to 8pm Reformer 1 Sharon	7 to 830pm Therapeutic Hatha Yoga Naomi	7 to 8pm Reformer Combo 2 Karen	7 to 8pm Mat 2 Debby	7 to 8pm Reformer 1 Sharon		7 to 8pm Reformer Combo 2 Karen				Pink = Specialty Classes

GROUP RATES		GROUP CLASS DESCRIPTIONS	
<b>Reformer or Combo (Pilates)</b> (3-5 participants)	1 per week <b>\$25.00/class</b> 2 per week <b>\$22.50/class</b> 3 per week <b>\$20.00/class</b>	<b>Reformer Combo Pilates</b>	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 &amp; ½ on the Mats</i> )
<b>Mat Pilates</b> (3-6 participants)	1 per week <b>\$15.00/class</b> 2 per week <b>\$14.00/class</b> 3 per week <b>\$12.00/class</b>	<b>Mat Pilates</b>	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. ( <b>Power Mat : 1 year pilates experience</b> )
<b>Yoga</b> (3-8 participants)	<b>\$15.00/class 1 hr</b>  <b>\$20.00/class 1.5 hr</b>	<b>Flow Yoga</b>	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.
		<b>Restorative Yoga</b>	A gentle yoga class focused on stretching, realignment of overused muscles and stress reduction, participants recovering from injuries welcomed.
		<b>Therapeutic Yoga</b>	Therapeutic Yoga Blends traditional yoga poses breath work and meditation with therapeutic exercises. Therapeutic Yoga aims to relieve pain, improve flexibility and function, enhance strength and facilitate relaxation.
		<b>Therapeutic Hatha Yoga - Naomi</b>	Explore your practice with optimal, postural alignment and energetic movement while honoring the deep connection of body mind and spirit. You will experience appropriate challenge, integration of breath and movement in this life-affirming, all levels class. May include some slow flow as well as basic Pilates Matwork. You are sure to leave class with a deep sense of wellbeing.
PRIVATE AND SEMI PRIVATE RATES		NEW TO PILATES?	
<b>Welcome Package</b>	3 one hour Private Pilates or Yoga sessions <b>\$180.00</b> ( <i>one time only</i> )	<p><b>FOUNDATION CLASSES:</b> This Class offers participants an introduction to Reformer or Mat Work, it is mandatory before joining group class. You will review the <b>STOTT PILATES</b> 5 Basic Principles and learn essential exercises to <b>establish core strength, stability and body awareness, improve muscle tone, posture and alignment.</b></p> <p><b>Option #2:</b> Welcome Package or Private Packages are available and recommended for those with injuries/rehabilitative focus. One-on-one assessment and instruction to learn the foundations and principles of Pilates – all equipment available.</p> <p style="text-align: center;"><b>Call or Email to book your Private or Class today!</b>  <b>Studio Coordinator Erin 250 598 9828 ext 2</b>  <a href="mailto:pilates@shelbournphysio.ca">pilates@shelbournphysio.ca</a>  <b>** All class prices are subject to HST**</b></p>	
<b>Privates</b>	<b>\$75.00</b>		
<b>Semi Private</b>	<b>\$40.00/per participant</b>		
<b>Private Packages</b>	5 Private Sessions <b>\$350.00 (Save\$25)</b> 10 Private Sessions <b>\$690.00 (Save\$60)</b> 15 Private Sessions <b>\$1020.00 (Save\$105)</b> 20 Private Sessions <b>\$1340.00 (Save\$160)</b>		
<b>Punch Cards (6 months exp.) Booked weekly</b>	<b>Reformer Combo</b> 8 Classes <b>\$200.00</b> 5 Classes <b>\$125.00</b>		
<b>"OPEN" Classes ONLY</b>	<b>Mat (Mat, Yoga, Fusion)</b> 8 Classes <b>\$120.00</b> 5 Classes <b>\$75.00</b>		