

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am		7 to 8am Reformer 2 Chris		7 to 8am Reformer 2 Chris		
8am		8 to 9am Reformer 1/2 Chris		Private Session Available	Private Session Availability	
9am	Private Session Available	Private Session Available	9 to 10am Reformer 1 Danielle	Private Session Available	Private Session Availability	
10am	10 to 11am Combo 1/2 Danielle	10 to 11am Combo Foundations Chris	Private Session Available	10 to 11am <b>NEW!</b> Cardiotramp Combo 1/2 Chris		
11am	Private Session Available	11 to 12pm Reformer 1 Danielle	11 to 12pm <b>NEW!</b> Reformer 2/3 Danielle	11 to 12pm Mat 2 Chris		11 to 12pm Reformer 2 Chris
12pm	12 to 1pm <b>NEW!</b> Mat Pilates Flow Danielle	12 to 1pm Cardiotramp Combo 1/2 Chris	12 to 1pm Seniors Reformer 1 Chris	Private Session Available	12 to 1pm Combo Sculpt 1 Danielle	12 to 1pm Mat 1/2 Chris
1pm	Private Session Available	1 to 2pm Reformer 1/2 Chris	Private Session Available	Private Session Available	Private Session Available	1 to 2pm Reformer 2 Chris
2pm		2 to 3pm Seniors Reformer 1 Chris	2 to 3pm Reformer 2 Chris	2 to 3pm <b>NEW!</b> Mat Pilates Flow Chris	2 to 3pm Reformer 1 Chris	
3pm		3 to 4pm Clinical Osteofit Larry	3 to 4pm <b>NEW!</b> Combo 1/2 Chris	Private Session Available	Private Session Available	3 to 4pm Clinical Osteofit Larry
4pm		4 to 5pm Combo 1 Chris	4 to 5pm <b>NEW!</b> Mat Foundations Danielle	4 to 5pm Combo Foundations Chris	4 to 5pm Pilates for Lower Back Pain Danielle	Kinesiology
5pm		5 to 6pm Reformer 1/2 Chris	5 to 6pm Combo 3 Danielle	5 to 6pm Combo 1/2 Chris	5 to 6pm Reformer 3 Danielle	Foundations
6pm		6 to 7pm Mat 1 Chris	6 to 7pm Combo ½ Danielle	6 to 7pm Reformer 2 Chris	6 to 7pm Combo Foundations Danielle	Levels
7pm		7 to 8pm Combo 2/3 Chris	7 to 8pm Reformer 1/2 Danielle	7 to 8pm Reformer 3 Chris	7 to 8pm Combo 1 Danielle	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 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.
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 55 mins (Mat/Yoga) \$28.00/class 55 mins (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. Combo classes are ½ Reformer and/or ½ Mat or ½ Reformer and/or ½ stability chair.
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	Three 55 mins Private Pilates or Yoga sessions \$210.00 (one time only)	<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.  <b>FOUNDATIONS CLASSES:</b> 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. <b>Call or Email to book your Private or Class today!</b> Studio Coordinator 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>	
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)		