

Winter 2022

**CLASS SCHEDULE**

Nov/Dec 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am		7 to 8am Reformer 2 Chris		7 to 8am Reformer 2 Chris	7 to 8am Reformer 2 Chris	
8am		8 to 9am Reformer 1/2 Chris		8 to 9am Reformer 1/2 Chris	8 to 9am Combo Foundations Chris	
9am	9 to 10am Combo Foundations Chantelle		9 to 10am Combo 1 Chantelle		9 to 10am Combo 1 Lisa	9:30 to 10:30am Combo 2 Lisa
10am	10 to 11am Seniors Combo Chantelle	10 to 11am Combo 1 Chris	10 to 11am Reformer 1 Chantelle	10 to 11am Combo 1 Chris		
11am	11 to 12pm Reformer 1 Chantelle	11 to 12pm Reformer Sculpt 2 Chantelle	11 to 12pm Reformer 2 Chantelle	11 to 12pm Reformer Stretch 1/2 Chantelle	11 to 12pm Reformer 2 Chris	11:45 to 12:45pm Combo Foundations Lisa
12pm	12 to 1pm Reformer 1/2 Chris	12 to 1pm Seniors Combo Chris	12 to 1pm Seniors Combo Chris	12 to 1pm Seniors Combo Chris	12 to 1pm Reformer 1 Chris	
1pm	1 to 2pm Reformer 1/2 Chris				1 to 2pm Reformer 2 Chris	
2pm	2 to 3pm Seniors Combo Chris	2 to 3pm Reformer 1/2 Chris		2 to 3pm Reformer 1 Chris	2 to 3pm Reformer Stretch 1/2 Chantelle	
3pm				3 to 4pm Mat 1 Chantelle		
4pm	<b>NEW!</b> 4 to 5pm Reformer Fusion 1 Chantelle	4 to 5pm Combo 1 Chantelle	4 to 5pm Combo 1 Chantelle	4 to 5pm Combo 1 Chantelle		<u>Legend:</u>
5pm	5 to 6pm Reformer 1/2 Chantelle	5 to 6pm Combo 3 Chantelle	5 to 6pm Combo 1/2 Chris	5 to 6pm Reformer 2/3 Chantelle		Foundations
6pm	6 to 7pm Combo Foundations Chris	6 to 7pm Combo 1/2 Lisa	6 to 7pm Reformer 2/3 Chris	6 to 7pm Combo 1 Kelsey		Levels
7pm	7 to 8pm Combo 2/3 Chris	7 to 8pm Combo 1/2 Lisa	7 to 8pm Reformer 3 Chris	7 to 8pm Combo 1 Kelsey		Specialty

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

GROUP RATES		GROUP CLASS DESCRIPTIONS	
Reformer or Combo (3-6 participants)	1 per week \$28.00/class 2 per week \$25.50/class 3 per week \$23.00/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 (3-5 participants)	1 per week \$20.00/class 2 per week \$19.00/class 3 per week \$17.00/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)	\$22.00/class 55 mins (Mat) \$30.00/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 \$224.00 5 Classes \$140.00  Mat 8 Classes \$160.00 5 Classes \$100.00	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!
PRIVATE AND SEMI PRIVATE RATES		NEW TO PILATES?	
Welcome Package  Privates Semi Private	Three 55 mins Private Pilates sessions \$210.00 (one time only) \$80.00  \$45.00/per participant	<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.	
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)	<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.  Call or Email to book your Private or Class today! Studio Coordinator 250 598 9828 ext 2 <a href="mailto:pilates@shelbournephysio.ca">pilates@shelbournephysio.ca</a> <a href="http://www.pilatesvictoriabc.ca">www.pilatesvictoriabc.ca</a>	