



Shelbourne

PHYSICAL THERAPY

Health Solutions

PILATES NEWSLETTER FALL 2009



REFER A FRIEND

When you refer a friend and they sign up for an 8 week session, you receive a **FREE PRIVATE LESSON!**



PUNCH CARDS

Are you finding it hard to commit to a regular class?

Purchase a Punch card!

You can buy 5 to 8 classes in either the Reformer Plus classes or the Core Classes with a 6 months expiry.

DO YOU WANT TO LEARN THE FOUNDATIONS OF STOTT PILATES?

Join a Foundations class!

Please call or email for new upcoming beginner classes. Great deals if you sign up for an 8 week session of foundation classes. Your first class is **FREE!**

POWER LUNCH YOGA

Tuesdays and Fridays

12:15 to 1pm

With Kim Wilson

Come on your lunch break for a power yoga class.

YOGA FLOW

Monday & Friday's at 9am

With Sarah Oliver

Improve strength and flexibility, decrease stress, and enhance body awareness.

RESTORATIVE YOGA

Monday's & Friday's at 10am

With Sarah Oliver

A gentle yoga class focused on stretching, realignment of overused muscles and stress reduction, participants recovering from injuries are welcome.



THERAPEUTIC YOGA

With Jessica LeGarff

Wednesdays at 9am

Therapeutic Yoga blends traditional yoga poses, breath work and meditation with therapeutic exercise.

Therapeutic Yoga aims to relieve pain, improve flexibility and function, enhance strength and facilitate relaxation



Healthy Bones

Osteoporosis Class

"Surprising" your bones with Pilates will help to improve healthy bones. Loaded exercises, as in Pilates, promotes cell growth of osteoblasts, which contributes to increased bone density. This helps to increase co-ordination, balance and postural awareness, minimizing the risk of falling.

Fridays at 3pm

With Leslie Hopkins



Teen Pilates

Ages from 13-19

Teen Pilates uses the basic mat work and 5 Basic Principles by STOTT PILATES to encourage good Body awareness and self-confidence!

Tuesdays & Fridays at 4pm

With Leslie Hopkins

WEEKDAYS DON'T WORK?

Join our Saturday Classes

Rotation Instruction

Can't find a time that works?

Grab a group of friends and create a class.

Call or email for available times and instructors!

DATES FOR SESSIONS

Sept. 8th to Oct. 29th

Nov. 2nd to Dec. 19th

(7 weeks)

Jan. 4th to Feb. 27th

HOLIDAYS

October 12th

November 11th

(Drop in Classes available from December 21st to December 30th)

Benefits of Pilates

- Builds core strength
- Increases flexibility, balance and coordination
- Increases muscular balance and tone
- Improves Posture and Alignment
- Compliments all other activities and exercise
- Improves Muscular balance and strength
- Prevents injury and heightens body awareness
- Enhance Athletic performance
- Relieves stress and back pain.

THANK YOU to all our Shelbourne Pilates friends for your dedication and support to our studio.

Aren Hurl
Pilates/Rehabilitation
Coordinator

Shelbourne Physiotherapy

PHONE 250-598-9828

FAX 250-598-9588

pilates@shelbournephysio.ca

www.shelbournephysio.ca

Any Suggestions or feedback please call or email your tips!