

PILATES NEWSLETTER SUMMER 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 a set of foundation classes. Your first class is **FREE!**

DATES FOR SESSIONS

April 27 to June 20th

June 22 to July 25th

Registration: June 15-19th
(5 weeks)

July 27th to Aug 29th

Registration: July 20-24th
(5 weeks)

You may pre-register for preferred times!

HOLIDAYS

May 18th / July 1st / August 3rd

SUMMER CIRCUIT CLASSES

Coming in August!

Please call, come in or email for more information.



Circus Kids Yoga Camps coming in August With Sunshine!

Please call, come in or email for more information.

YOGA FLOW

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

Monday and Friday's at 9am with Sarah

RESTORATIVE YOGA

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

Monday's and Friday's at 10am with Sarah

Also offering Private Restorative Yoga With Sarah

Call to book one today!

Benefits of Yoga

- ✓ Increase in Flexibility, energy and endurance.
- ✓ Massaging all organs
- ✓ Toning of Muscles
- ✓ Sleep improves
- ✓ Balance improves
- ✓ Attention and memory improves
- ✓ Stress decreases
- ✓ Anxiety and depression decreases



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

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