



DATES FOR SESSIONS
June 28th to July 3th
August 3rd to September 3rd
September 7th to October 30th

HOLIDAYS
Studio Closed
July 1st

July 31st (Saturday)
August 2nd
August 14th (Saturday)
September 4th (Saturday)
September 6th

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

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**Any Suggestions or feedback
please call or email your tips!**

JOIN OUR FACEBOOK PAGE



**“Shelbourne Physio Pilates
Studio”**



250-590-FITT (3488)
www.alteregofitness.ca

Whatever your shape, size and fitness
level, we will provide you with the
tools and the path to assist you in
achieving your true health and fitness
potential.

Nutrition / Bootcamps / Kettlebells /
Personal training / Smaller Classes
Next Session Starts

September 20th
Register the week of Sept 13th
Visit the website for more details!

**What is the difference between
the STOTT Pilates Method and
other techniques?**

STOTT PILATES incorporates modern
exercise principles, including
contemporary thinking about spinal
rehabilitation and athletic performance
enhancement. For example, some
approaches may promote a flat back,
whereas STOTT PILATES exercises are
designed to restore the natural curves of
the spine and rebalance the muscles
around the joints, placing more emphasis
on scapular stabilization. As well, there
are more preparatory exercises and
modifications to cater to many different
body types and abilities, making it
applicable to everyday life.

**Will I get the same results with a
mat workout
as with a Reformer or equipment
workout?**

Mat-based workouts are very convenient
and can be done anywhere. Adding light
equipment and the larger resistance
equipment will place more emphasis on
your outer limbs and add variety and
intensity to your program.

What is a Reformer?

The Reformer is the main piece of
equipment used in Pilates exercise. The
Reformer glides forward & backward on
rollers and uses springs for resistance,
along with other attachments, for a wide
variety of exercises and positions (i.e.
lying down, seated and standing.)

**Can I lose weight just doing
Pilates? If so, how much weight
can I lose?**

Pilates can be a positive addition to your
overall weight loss program. Weight loss
occurs when the number of calories
consumed is less than the number of
calories expended. The most successful
and healthy way to achieve weight loss is
an exercise plan that includes an aerobic
component coupled with a strength
training component, such as STOTT
PILATES exercise, and following a
balanced diet. Combining Pilates with
aerobic exercise also offers additional
benefits: greater mind-body connection,
improved posture, flexibility and
functionality.



**Kimmy's Reformer
for Men's Class!**

Friday at 5pm
\$25.00/class
August 6th to September 4th

**Summer Yoga Classes
with Nicole**

Flow Yoga Level 1
Wednesday's
9am (60min)
Friday's
8:30am (90 min)

Restorative Yoga
Friday's
10am (60 min)

**Yoga private sessions
with Nicole**
**Please call or email to
book your space today!**

**CAN'T FIND A TIME
THAT WORKS?**

Create a class with some friends.
Call or email for available times and
instructors!

**WEEKDAYS DON'T
WORK?**

Join our Saturday Classes
Rotation Instruction



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 Combo classes or the
Core/Fusion/Yoga Classes with a
6 months expiry