



Holiday Healthy recipe

Holiday Granola

4 cups quick or old fashioned oats, uncooked
1/2 cup shredded coconut
1/2 cup chopped pecans
1/2 cup honey
1/4 cup raw, unsalted sunflower seeds (*optional*)
1/4 cup (1/2 stick) butter or margarine, melted
2 teaspoons grated orange peel
1 teaspoon vanilla
1/2 teaspoon ground cinnamon
1/4 teaspoon salt (*optional*)
One 6-ounce package dried cranberries (*about 1-1/3 cups*)

If anyone wants to share their Healthy Holiday recipes please email them in!

START THE NEW YEAR WITH A BANG!

If you attend 3 Reformer or Mat Classes per week you get a discount on your classes.

REFER A FRIEND

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

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!**

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
Friday's at 6pm

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

FUSION

Get ready to sweat!
With Kim Wilson

A combination of Yoga with Pilates. Increase endurance and enhance flexibility.

Fusion Level 1

Tuesdays and Thursdays
 At 12noon

Fusion Level 2

Thursdays
 At 10am

PLEASE HELP ME WELCOME

Nicole Lakas
 Yoga Instructor

POWER YOGA

Monday and Tuesday's 7pm

WEEKDAYS DON'T WORK?

Join our Saturday Classes
 Rotation Instruction

CAN'T FIND A TIME THAT WORKS?

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



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

DATES FOR SESSIONS

Jan. 4th to Feb. 27th
March 1st to April 24th
April 26th to June 19th

HOLIDAYS

Studio Closed
 Dec 24-27th/31
 Jan 1-3rd
 April 2nd

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!