

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER
7am	7 to 8am Mat 2 Sharon			7 to 8 am Power Reformer 2 Sharon				7 to 8am Power Reformer 2 Sharon	<i>Spring 2013</i> <i>March 1<sup>st</sup> - April 30<sup>th</sup></i>			
8am	8 to 9am Reformer Combo 1 Sharon	8-9am Barre Pilates Sydney		8 to 9am Reformer 2 Sharon	8 to 9am Mat 1/2 Leslie	8 to 9am Reformer Combo 1 Sharon		8 to 9am Reformer 2 Sharon				
9am	9-10am Flow Yoga Sydney	9 to 10am Reformer Combo 3 Jacqueline	9 to 10am Mat 1 Karen	9 to 10am Reformer Combo 2 Jacqueline	9 to 10am Mat 2 Sharon	9 to 10am Rehab Reformer Combo 1 Leslie	9 to 10 am Mat 1 Karen	9 to 10am Reformer Combo 2 Jacqueline	9 to 10am Rehab Reformer Combo 1 Leslie	9 to 10am Reformer Combo 2/3 Jacqueline	9 to 10am Mat 1 Helène	9 to 10am Reformer 2 Sharon
10am	10 to 11am Reformer Combo 1 Karen	10 to 11am Reformer Combo 1 Jacqueline	10 to 11am Standing and Balance Jacqueline	10 to 11am Reformer Combo 2/3 Karen	10 to 11 Women's Health Pilates Combo Leslie	10 to 11am Reformer Combo 1 Karen	10 to 11am Mat Foundations Sharon	10 to 11am Reformer Combo 2/3 Karen	10 to 11am Standing and Balance Jacqueline	10 to 11am Women's Health Pilates Combo Leslie	10 to 11am Mat 2 Helène	10-11 Reformer 1 Sharon
11am	11 to 12pm Mat Foundations Jacqueline	11 to 12pm Reformer Combo 1/2 Karen	11 to 12pm Mat 2 Jacqueline	11 to 12pm Pilates for Osteoporosis Karen	11 to 12pm Kinesiology Exercise Rehab Heidi	11 to 12pm Reformer Combo 1/2 Karen	11 to 12pm Mat 2 Jacqueline	11 to 12pm Pilates for Osteoporosis Karen	11 to 12pm Mat 2 Karen	11 to 12pm Reformer Combo 2 Jacqueline	11 to 12am Mat 1/2 Helène	11 to 12am Combo 1 Sharon
12pm	12 to 1pm Mat 2 Karen	12 to 1pm Reformer Combo 1/2 Jacqueline	12 to 1pm Mat 1 Sharon	12 to 1pm Reformer 2 Jacqueline	12 to 1 Mat1 Leslie	12 to 1 Reformer 1 Karen	12 to 1pm Mat 1 Sharon		12 to 1pm Mat Foundations Karen	12 to 1pm Reformer 1 Leslie		12 to 1pm Reformer 2 Helène /Sharon
1pm	1 to 2pm Kinesiology Exercise Rehab Heidi	1 to 2pm Pilates for Seniors Karen			1 to 2pm Kinesiology Exercise Rehab Heidi	1 to 2pm Pilates for Seniors Karen						1 to 2pm Athletic Performance Training Sharon
2pm	2 to 3pm Kinesiology Exercise Rehab Heidi			2 to 3pm Reformer 1 Sharon	2 to 3pm Kinesiology Exercise Rehab Heidi			2 to 3pm Reformer 1 Sharon		2 to 3pm Reformer Combo 3 Jacqueline	2 to 3pm Mat 2 Sharon	
3pm	3 to 4pm Kinesiology Exercise Rehab Heidi		3 to 4pm Pilates for Seniors FOUNDATIONS Sharon	3 to 4pm Pilates for Osteoporosis Jacqueline	3 to 4pm Kinesiology Exercise Rehab Heidi		3 to 4pm Pilates for Osteoporosis Jacqueline	3 to 4pm Pilates for Seniors FOUNDATIONS Sharon	3 to 4pm Mat 1 Sharon	3 to 4pm Athletic Conditioning Jacqueline		Orange = Reformer
4pm	4 to 5pm Kinesiology Exercise Rehab Heidi	4 to 5pm Reformer 1 Sharon	4 to 5pm Mat 1 Leslie	4 to 5pm Reformer Combo 1 Karen	4 to 5pm Kinesiology Exercise Rehab Heidi	4 to 5pm Reformer 1/2 Sharon	4 to 5pm Mat 1 Leslie	4 to 5pm Reformer COMBO 1 Karen	4 to 5pm YOUTH Pilates Jacqueline	4 to 5pm Athletic Performance Training Sharon		Green = Beginner Pilates
5pm	5 to 6pm Reformer Combo 2 Sharon	5 to 6pm Reformer Combo 1 Debby	5 to 6pm Mat 2 Leslie	5 to 6pm Reformer Combo 1 Karen	5 to 6pm Prenatal Pilates Sharon	5 to 6pm Reformer Combo 1 Debby	5 to 6pm Mat 2 Leslie	5 to 6pm Reformer Combo 1 Karen	5 to 6pm Mat 1 Sharon	5 to 6pm Barre Pilates Sydney		Blue = Mat Pilates
6pm	6 to 7pm Mat 2 Sharon	6 to 7pm Reformer 1 Debby	6 to 7pm Mat COMBO 2/3 Karen	6 to 7pm Reformer Combo 1 Leslie	6 to 7pm Mat 2 Sharon	6 to 7pm CardioTramp Debby	6 to 7pm Reformer COMBO 2/3 Karen	6 to 7pm Reformer COMBO 1 Leslie	6 to 7pm Hatha Yoga Sydney	6 to 7pm CardioTramp Sharon		Yellow = Yoga
7pm	7 to 8pm Mat 2 Debby	7 to 8pm Reformer 1 Sharon	7 to 8pm Therapeutic Yoga Sydney	7 to 8pm Reformer Combo 2 Karen	7 to 8pm Mat 2 Debby	7 to 8pm Reformer 1 Sharon	7 to 8pm Mat Foundations Sydney	7 to 8pm Reformer Combo 2 Karen				Pink = Specialty Classes

GROUP RATES		GROUP CLASS DESCRIPTIONS	
Reformer or Combo (Pilates) (3-5 participants)	1 per week \$25.00/class 2 per week \$22.50/class 3 per week \$20.00/class	Reformer Combo 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. (½ Reformer & ½ on the Mats)
Mat Pilates or Yoga (3-6 participants)	1 per week \$15.00/class 2 per week \$14.00/class 3 per week \$12.00/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)	\$17.50/class 1 hr (Mat/Yoga) \$26.50/class 1 hr (Reformer/Combo)	Flow Yoga	An invigorating class concentrating on breath with movements as you flow from one pose to the next. Improve strength and flexibility, decrease stress, and enhance body awareness.
		Hatha Yoga	Hatha yoga brings together the balance of the body with traditional yoga postures that concentrate on alignment, breath, relaxation and the balance of opposites in the body. This class will contain postures that slowly flow together in alignment, static strength, breath and gentle inversions. Hands on adjustments and props to aide alignment of the body so this class is appropriate for all levels including those with injuries.
		Therapeutic Yoga	Therapeutic yoga adapts the practice of Yoga to be suitable for small intimate groups of people with specific and persistent needs. All exercises are modified with props and specific instruction to suit different conditions. This class will contain postural and breathing exercises, deeply based in relaxation and mediation, designed to help you learn to restore balance, increased vitality and improved mood.
PRIVATE AND SEMI PRIVATE RATES		NEW TO PILATES?	
Welcome Package	3 one hour Private Pilates or Yoga sessions \$180.00 (one time only)	<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.  <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.  <b>Call or Email to book your Private or Class today!</b> <b>Studio Coordinator 250 598 9828 ext 2</b> <a href="mailto:pilates@shelbournphysio.ca">pilates@shelbournphysio.ca</a> <a href="http://www.pilatesvictoriabc.ca">www.pilatesvictoriabc.ca</a>	
Privates	\$75.00		
Semi Private	\$40.00/per participant		
Private Packages	5 Private Sessions \$350.00 (Save\$25) 10 Private Sessions \$690.00 (Save\$60) 15 Private Sessions \$1020.00 (Save\$105) 20 Private Sessions \$1340.00 (Save\$160)		
Punch Cards (1 year exp.) Booked weekly	Reformer Combo 8 Classes \$200.00 5 Classes \$125.00		
Call to check availability	Mat (Mat, Yoga, Fusion) 8 Classes \$120.00 5 Classes \$75.00		