

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7am				7 to 8am Reformer 2/3 Chris		7 to 8am Reformer 1/2 Chris NEW!				7 to 8am Reformer 2 Chris NEW!		
8am				8 to 9am Reformer 1/2 Chris						8 to 9am Reformer 1/2 Chris	8 to 9am Mat 1 Danielle	
9am		9 to 10am Combo Foundations Danielle NEW!	9 to 10am Mat 1 / 2 Helen			9 to 10am Reformer Foundations Chris	9 to 10am Mat 1/2 Stephanie					
10am		10 to 11am Combo ½ Danielle	10-11am Mat 2/3 Helen	10 to 11am Combo Foundations Chris			10-11am Mat 2/3 Stephanie	10 to 11am Combo Foundations Chris		10 to 11am Reformer 2/3 Stephanie		10 to 11am Cardiotramp 3 Danielle
11am	11 to 12pm Mat 1 Helen NEW!	11 to 12pm Reformer 1 Danielle		11 to 12pm Seniors Reformer Chris	11 to 12pm Mat 1 Helen NEW!	11 to 12pm Athletic Training Danielle	11 to 12pm Pilates Flow Mat Helen NEW!	11 to 12pm Reformer 1 Stephanie	11 to 12pm Mat Foundations Stephanie NEW!	11 to 12pm Golfers Reformer Chris		11 to 12pm Cardiotramp Combo 1/2 Danielle
12pm	12 to 1pm Pilates Flow Mat Chris NEW!	12 to 1pm Cardiotramp Combo 1/2 Helen NEW!		12 to 1pm Combo Sculpt 1 Danielle NEW!		12 to 1pm Combo Sculpt 1 Danielle		12 to 1pm Golfers Combo Helen NEW!	12 to 1pm Pilates Flow Mat Chris	12 to 1pm Seniors Reformer Helen NEW!		
1pm		1 to 2pm Reformer 2 Chris								1 to 2pm Reformer 1/2 Chris		
2pm		2 to 3pm Reformer 1 Chris		2 to 3pm Reformer 2 Chris				2 to 3pm Reformer 1 Chris				
3pm	3 to 4pm Clinical Osteofit Larry NEW!								3 to 4pm Clinical Osteofit Larry NEW!			Private Sessions Available!
4pm		4 to 5pm Combo 2 Chris				4 to 5pm Combo Foundations Chris		4 to 5pm Pilates for Dancers Danielle NEW!				Kinesiology
5pm	5 to 6pm Mat Foundations Stephanie NEW!	5 to 6pm Reformer 1/2 Chris		5 to 6pm Combo 3 Danielle		5 to 6pm Combo 1 Chris		5 to 6pm Reformer 3 Danielle				Foundations
6pm	6 to 7pm Mat 1 Chris	6 to 7pm Reformer Foundation Stephanie		6 to 7pm Combo ½ Danielle		6 to 7pm Reformer 2 Chris		6 to 7pm Combo Foundations Danielle				Levels
7pm		7 to 8pm Reformer 3 Chris		7 to 8pm Reformer 1 Danielle		7 to 8pm Reformer 3 Chris		7 to 8pm Combo 1 Danielle				Specialty

GROUP RATES		GROUP CLASS DESCRIPTIONS	
Reformer or Combo (Pilates) (3-5 participants)	1 per week \$26.00/class 2 per week \$23.50/class 3 per week \$21.00/class	Reformer 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.
Mat Pilates or Yoga (3-6 participants)	1 per week \$17.00/class 2 per week \$16.00/class 3 per week \$14.00/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)	\$20.00/class 55 mins (Mat/Yoga) \$28.00/class 55 mins (Reformer/Combo)	Combo Classes	Combine the benefits of the reformer and mat with this dynamic and total-body workout. Half the class on the reformer is set to improve muscle tone through resistance, strengthen core and isolate muscles and mobilize joints with minimal strain. Jump to the mat and develop leaner, longer muscles while establishing core and stability. Props are incorporated to add variety and challenge. Combo classes are ½ Reformer and/or ½ Mat or ½ Reformer and/or ½ stability chair.
Punch Cards (1 year exp.) Booked weekly Call to check availability	Reformer Combo 8 Classes \$208.00 5 Classes \$130.00	Cardio-tramp	Rebounding on a mini-trampoline affects every organ and is directly related to the efficiency of the lymphatic system, cardiovascular endurance and immune function. The rebounder allows participants with joint issues to strengthen their connective tissues, improving joint resilience. A full-body strengthening, invigorating and toning workout, a good sweat!
	Mat (Mat, Yoga, Fusion) 8 Classes \$136.00 5 Classes \$85.00	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.
PRIVATE AND SEMI PRIVATE RATES		NEW TO PILATES?	
Welcome Package	Three 55 mins Private Pilates or Yoga sessions \$210.00 (one time only)	WELCOME PACKAGE: 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. FOUNDATIONS CLASSES: 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. Call or Email to book your Private or Class today! Studio Coordinator 250 598 9828 ext 2 pilates@shelbournphysio.ca www.pilatesvictoriabc.ca	
Privates	\$80.00		
Semi Private	\$45.00/per participant		
Private Packages	5 Private Sessions \$375.00 (Save\$25) 10 Private Sessions \$740.00 (Save\$60) 15 Private Sessions \$1095.00 (Save\$105) 20 Private Sessions \$1440.00 (Save\$160)		