

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER
7am	7 to 8 am Reformer Combo 2/3 Karen NEW!	7 to 8 am Power Sharon NEW!		7 to 8 am Power Reformer 2 Sharon		7 to 8 am Interval Pilates Sharon NEW!		7 to 8 am Power Reformer 2 Sharon	Spring 2015 March 2 - April 30			
8am	8 to 9 am Mat 1 Karen NEW!	8 to 9 am Jump Start Pilates Sharon		8 to 9 am Reformer 1/2 Sharon		8 to 9 am Retro Jump Step Cardio Sharon NEW!		8 to 9 am Reformer 1/2 Sharon				
9am	9 to 10 am Combo Foundations Karen NEW!	9 to 10 am Reformer Combo 2/3 Jacqueline	9 to 10 am Mat 1/2 Karen	9 to 10 am Pilates for Scoliosis Jacqueline	9 to 10 am pPilates mat 1 Leslie NEW!	9 to 10 am Combo Foundations Sharon NEW!	9 to 10 am Mat 1/2 Karen	9 to 10 am Reformer Combo 2/3 Jacqueline	9 to 10 am pPilates mat 1 Leslie NEW!	9 to 10 am Reformer Combo 2/3 Jacqueline	9 to 10 am Mat Foundations Nicole	9 to 10 am Reformer Sharon
10am	10 to 11 am Reformer Combo 1/2 Karen	10 to 11 am Reformer Combo 1/2 Jacqueline	10 to 11 am Standing and Balance 2 Jacqueline NEW!	10 to 11 am Reformer Combo 2/3 Karen	10 to 11 am Pilates for Golfers Combo Leslie NEW!	10 to 11 am Reformer Combo 1/2 Karen	10 to 11 am Standing and Balance 1 Jacqueline NEW!	10 to 11 am Reformer Combo 2/3 Karen	10 to 11 am Pilates for Golfers Combo Jacqueline NEW!	10 to 11 am Mat Foundations Leslie NEW!	10 to 11 am Mat 2 Nicole NEW!	10 to 11 am Cardio Tramp Sharon NEW!
11am	11 to 12 pm Combo 1 Jacqueline	11 to 12 pm Reformer Combo 2 Karen	11 to 12 pm Mat 2/3 Jacqueline	11 to 12 pm Pilates for Seniors Karen	11 to 12 pm Ball Mat Class Leslie NEW!	11 to 12 pm Reformer Combo 2 Karen	11 to 12 pm Mat 2/3 Jacqueline	11 to 12 pm Pilates for Seniors Karen	11 to 12 pm Mat 2 Karen	11 to 12 pm Stretch and Release 1 Jacqueline	11 to 12 am Mat 1 Nicole	11 to 12 am Reformer 1 Sharon
12pm	12 to 1 pm Mat Foundations Jacqueline	12 to 1 pm Combo Foundations Karen	12 to 1 pm Mat 1 Karen NEW!	12 to 1 pm Reformer Rehab Pilates Jacqueline	12 to 1 pm Mat 1/2 Leslie	12 to 1 pm Reformer 2 Karen NEW!	12 to 1 pm Combo Foundations Sharon NEW!	12 to 1 pm Combo 1 Karen	12 to 1 pm Mat Foundations Karen NEW!	12 to 1 pm Reformer 1/2 Leslie	12 to 1 pm Pilates for Scoliosis Jacqueline	12 to 1 pm Reformer 2/3 Sharon
1pm	1 to 2 pm Kinesiology Exercise Rehab Heidi	1 to 2 pm Pilates for Seniors 1/2 Karen	1 to 2 pm Combo Foundations Sharon	1 to 2 pm Reformer Combo 1 Karen NEW!	1 to 2 pm Kinesiology Exercise Rehab Heidi	1 to 2 pm Pilates for Seniors 1/2 Karen	1 to 2 pm Mat Foundations Sharon NEW!	1 to 2 pm Combo 1/2 Jacqueline	1 to 2 pm Mat Foundations Sharon NEW!	1 to 2 pm Reformer Combo 1 Karen	1 to 2 pm Pilates for Dancers Jacqueline NEW!	1 to 2 pm Relaxation Yoga Nicole NEW!
2pm	2 to 3 pm Kinesiology Exercise Rehab Heidi			2 to 3 pm Reformer 1 Sharon	2 to 3 pm Kinesiology Exercise Rehab Heidi			2 to 3 pm Reformer 1 Sharon	2 to 3 pm Combo 1 Leslie NEW!	2 to 3 pm Reformer Combo 3 Jacqueline		2 to 3 pm GymStick Pilates Sharon
3pm	3 to 4 pm Yogalates Debby NEW!	3 to 4 pm Plus Size Pilates Reformer Sharon NEW!	3 to 4 pm Reformer 1 Sharon NEW!	3 to 4 pm Pilates for Golfers Jacqueline NEW!	3 to 4 pm Combo Foundations Sharon NEW!	3 to 4 pm Yogalates Debby NEW!	3 to 4 pm Combo Foundations Jacqueline		3 to 4 pm Mat 1 Sharon			Orange = Reformer
4pm	4 to 5 pm Combo 1/2 Jacqueline NEW!	4 to 5 pm Retro-Jump Step Cardio Sharon NEW!	4 to 5 pm Teens Pilates Sharon NEW!	4 to 5 pm pPilates Reformer Leslie NEW!		4 to 5 pm Cardio Tramp Sharon NEW!	4 to 5 pm Combo Foundations pPilates Leslie NEW!	4 to 5 pm Combo Foundations Karen NEW!	4 to 5 pm Combo 1/2 Jacqueline	4 to 5 pm Teens Pilates Sharon NEW!		Green = Beginner Pilates
5pm	5 to 6 pm Combo Stability Chair & Reformer Sharon NEW!	5 to 6 pm Combo 1 Karen	5 to 6 pm Mat 2/3 Leslie	5 to 6 pm Pilates in Context Nicole NEW!	5 to 6 pm Reformer 2 Sharon	5 to 6 pm Therapeutic Yoga Debby	5 to 6 pm Mat 2/3 Leslie	5 to 6 pm Reformer Combo 1/2 Karen		5 to 6 pm CardioTramp level 2 Sharon NEW!		Blue = Mat Pilates
6pm	6 to 7 pm Mat 1/2 Sharon NEW!	6 to 7 pm Reformer Combo 2/3 Karen	6 to 7 pm Pilates for Scoliosis Nicole NEW!	6 to 7 pm Pre-Natal Mat Class Leslie NEW!	6 to 7 pm Mat 1/2 Sharon	6 to 7 pm Cardio Tramp Debby	6 to 7 pm Reformer Combo 2/3 Karen	6 to 7 pm Combo 1 Leslie NEW!		6 to 7 pm CardioTramp Sharon		Yellow = Yoga
7pm	7 to 8 pm Mat 2 Debby	7 to 8 pm Reformer 2 Sharon	7 to 8 pm Hatha Yoga Nicole NEW!	7 to 8 pm pPilates Reformer 1 Leslie	7 to 8 pm Mat 2 Debby	7 to 8 pm Reformer 2 Sharon	7 to 8 pm Strength & Stretch 2 Nicole NEW!	7 to 8 pm Reformer Combo 2 Karen				Pink = Specialty Classes

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 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 \$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 1 hr (Mat/Yoga) \$28.00/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 meditation, 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 \$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)		
Punch Cards (1 year exp.) Booked weekly	Reformer Combo 8 Classes \$206.00 5 Classes \$130.00		
Call to check availability	Mat (Mat, Yoga, Fusion) 8 Classes \$136.00 5 Classes \$85.00		