

|      | MONDAY  |   | TUESDAY  |  | WEDNESDAY  |   | THURSDAY  |   | FRIDAY   |  | SATURDAY   |   |
|------|---|---|--|--|--|---|---|---|--|--|--|---|
| 7am  | 7 to 8 am<br>Reformer<br>Combo 2/3<br>Karen <b>NEW!</b>   | 7 to 8 am<br>Power Mat 1<br>Sharon <b>NEW!</b>                  |  | 7 to 8 am<br>Power<br>Reformer 2/3<br>Sharon                   |  | 7 to 8 am<br>Interval Pilates<br>Sharon <b>NEW!</b>         |   | 7 to 8am<br>Power<br>Reformer 2/3<br>Sharon           | 7 to 8am<br>Combo 2/3<br>Karen                                       | 7 to 8am<br>Retro Jump Step<br>Cardio<br>Sharon <b>NEW!</b>            |  |   |
| 8am  | 8 to 9 am<br>Mat 1/2<br>Karen                             | 8 to 9am<br>Jump Start<br>Pilates<br>Sharon                     |  | 8 to 9am<br>Reformer 1/2<br>Sharon                             | 8 to 9am<br>Pilates for<br>Golfers<br>Leslie                             | 8 to 9am<br>Retro Jump Step<br>Cardio<br>Sharon <b>NEW!</b> |   | 8 to 9am<br>Reformer 1/2<br>Sharon                    | 8 to 9am<br>Mat 1/2<br>Karen   |  |  | 8 to 9 am<br>Pilates for<br>Runners<br>reformer<br>Sharon <b>NEW!</b> |
| 9am  | 9 to 10 am<br>Combo<br>Foundations<br>Karen <b>NEW!</b>   | 9 to 10am<br>Reformer<br>Combo 2/3<br>Jacqueline                | 9 to 10am<br>Mat 1/2<br>Karen  | 9 to 10am<br>Combo ½<br>Pilates for<br>Scoliosis<br>Jacqueline | 9 to 10am<br>Mat Foundations<br>Leslie <b>NEW!</b>                       | 9 to 10am<br>Combo<br>Foundations<br>Sharon <b>NEW!</b>     | 9 to 10 am<br>Mat 1/2<br>Karen                          | 9 to 10am<br>Reformer<br>Combo 2/3<br>Jacqueline      | 9 to 10am<br>pPilates mat 1<br>Leslie                                | 9 to 10am<br>Reformer<br>Combo 2/3<br>Jacqueline                       | 9 to 10am<br>Mat<br>Foundations 2<br>Nicole                  | 9 to 10am<br>Reformer 1<br>Sharon                                     |
| 10am | 10 to 11am<br>Reformer<br>Combo 1/2<br>Karen              | 10 to 11am<br>Reformer<br>Combo 1/2<br>Jacqueline               | 10 to 11am<br>Standing and<br>Balance 2<br>Jacqueline                        | 10 to 11am<br>Reformer<br>Combo 2/3<br>Karen                   | 10 to 11am<br>Combo<br>Foundations<br>Leslie <b>NEW!</b>                 | 10 to 11am<br>Reformer<br>Combo 1/2<br>Karen                | 10 to 11am<br>Standing and<br>Balance 1<br>Jacqueline   | 10 to 11am<br>Reformer<br>Combo 2/3<br>Karen          | 10 to 11am<br>Pilates for<br>Golfers Combo<br>Jacqueline <b>NEW!</b> | 10 to 11am<br>Mat Foundations<br>Equipment Class<br>Leslie <b>NEW!</b> | 10 to 11am<br>Mat 2<br>Nicole                                | 10 to 11am<br>Cardio Tramp<br>Sharon                                  |
| 11am | 11 to 12pm<br>Combo 1<br>Jacqueline                       | 11 to 12pm<br>Reformer<br>Combo 2<br>Karen                      | 11 to 12pm<br>Mat 2/3<br>Jacqueline  | 11 to 12pm<br>Pilates for<br>Seniors<br>Karen                  | 11 to 12pm<br>Ppilates Mat Class<br>Leslie <b>NEW!</b>                   | 11 to 12pm<br>Reformer<br>Combo 2<br>Karen                  | 11 to 12pm<br>Mat 2/3<br>Jacqueline                     | 11 to 12pm<br>Pilates for<br>Seniors<br>Karen         | 11 to 12pm<br>Mat 2<br>Karen   | 11 to 12pm<br>Stretch and<br>Release 1<br>Jacqueline                   | 11 to 12pm<br>Yoga for<br>Chronic Pain<br>Nicole <b>NEW!</b> | 11 to 12pm<br>Reformer 1<br>Sharon                                    |
| 12pm | 12 to 1pm<br>Mat Foundations 2<br>Jacqueline              | 12 to 1pm<br>Reformer<br>Foundations<br>Karen                   | 12 to 1 pm<br>Mat Foundations<br>with chair<br>Karen <b>NEW!</b>             | 12 to 1pm<br>Reformer<br>Rehab Pilates<br>Jacqueline           | 12 to 1<br>Mat 1/2<br>Leslie   | 12 to 1<br>Reformer 2<br>Karen                              | 12 to 1pm <b>NEW!</b><br>Combo<br>Foundations<br>Sharon | 12 to 1pm<br>Combo 1/2<br>Karen                       | 12 to 1pm<br>Mat Foundations<br>Karen <b>NEW!</b>                    | 12 to 1pm<br>Reformer 1/2<br>Leslie                                    | 12 to 1pm<br>Pilates for<br>Scoliosis<br>Jacqueline          | 12 to 1pm<br>Reformer 2/3<br>Sharon                                   |
| 1pm  |   | 1 to 2pm<br>Pilates for<br>Seniors 1/2<br>Karen                 | 1 to 2 pm<br>Combo<br>Foundations<br>Sharon                                  | 1 to 2pm<br>Reformer<br>Combo 1/2<br>Karen                     |  | 1 to 2pm<br>Pilates for<br>Seniors 1/2<br>Karen             | 1 to 2 pm<br>Mat<br>Foundations<br>Sharon <b>NEW!</b>   | 1 to 2pm<br>Combo 1/2<br>Jacqueline                   | 1 to 2 pm<br>Mat Foundations<br>Sharon <b>NEW!</b>                   | 1 to 2pm<br>Reformer<br>Combo 1<br>Karen                               | 1 to 2pm<br>Pilates for<br>Dancers<br>Jacqueline             | 1 to 2pm<br>Mat<br>Foundations<br>Nicole <b>NEW!</b>                  |
| 2pm  |   |   |  | 2 to 3pm<br>Reformer 1/2<br>Sharon                             |  |   | 2 to 3pm <b>NEW!</b><br>Mat Chair<br>Level 1/2<br>Jac   | 2 to 3pm<br>Reformer 1/2<br>Sharon                    |  | 2 to 3pm<br>Reformer<br>Combo 3<br>Jacqueline                          |  | 2 to 3pm <b>NEW!</b><br>GymStick<br>Pilates<br>Sharon                 |
| 3pm  | 3 to 4 pm<br>Yogalates<br>Debby <b>NEW!</b>               | 3 to 4pm<br>Plus Size Pilates<br>Reformer<br>Sharon <b>NEW!</b> | 3 to 4pm<br>Reformer 1<br>Sharon   | 3 to 4pm<br>Pilates for<br>Golfers<br>Jacqueline <b>NEW!</b>   | 3 to 4pm<br>Reformer Pilates<br>for Healthy Joints<br>Sharon <b>NEW!</b> | 3 to 4pm<br>Yogalates<br>Debby <b>NEW!</b>                  | 3 to 4 pm<br>Combo<br>Foundations 2<br>Jacqueline       |   | 3 to 4pm<br>20/20/20 Pilates<br>level 1<br>Sharon                    |  |  |   |
| 4pm  | 4 to 5pm<br>Combo 1/2<br>Jacqueline                       | 4 to 5pm<br>20/20/20 Pilates<br>level 1<br>Sharon <b>NEW!</b>   | 4 to 5pm<br>Interval Pilates<br>for<br>walkers/runners<br>Sharon <b>NEW!</b> | 4 to 5pm<br>Mat Foundations<br>Leslie                          |  | 4 to 5pm<br>Cardio Tramp<br>Sharon                          | 4 to 5pm<br>Ppilates Mat<br>Class<br>Leslie             | 4 to 5pm<br>Combo<br>Foundations<br>Karen <b>NEW!</b> |  |  |  | Green =<br>Beginner<br>Pilates  |
| 5pm  | 5 to 6pm<br>Combo Stability<br>Chair & Reformer<br>Sharon | 5 to 6pm<br>Combo 1<br>Karen                                    | 5 to 6pm<br>Mat 2/3<br>Leslie  | 5 to 6pm<br>Everyday Pilates<br>Mat 1/2<br>Nicole <b>NEW!</b>  | 5 to 6pm<br>Reformer 2<br>Sharon   | 5 to 6pm<br>Therapeutic<br>Yoga<br>Debby                    | 5 to 6pm<br>Mat 2/3<br>Leslie                           | 5 to 6pm<br>Reformer<br>1/2<br>Karen                  |  | 5 to 6pm<br>Reformer<br>Foundations<br>Sharon <b>NEW!</b>              |  | Pink =<br>Specialty<br>Classes  |
| 6pm  | 6 to 7pm<br>Mat 1/2<br>Sharon                             | 6 to 7pm<br>Reformer<br>Combo 2/3<br>Karen                      | 6 to 7pm <b>NEW!</b><br>Mat Foundations<br>Nicole                            | 6 to 7pm<br>Pre/Post Natal<br>Mat Class<br>Leslie <b>NEW!</b>  | 6 to 7pm<br>Mat 1/2<br>Sharon  | 6 to 7pm<br>Cardio Tramp<br>Debby                           | 6 to 7pm<br>Reformer<br>Combo 2/3<br>Karen              | 6 to 7pm<br>Combo 1<br>Leslie                         |  | 6 to 7pm<br>CardioTramp<br>Sharon                                      |  | Yellow = Yoga   |
| 7pm  | 7 to 8pm<br>Mat 2<br>Debby                                | 7 to 8pm<br>Reformer 2<br>Sharon                                | 7 to 8pm<br>Restorative Yoga<br>Nicole <b>NEW!</b>                           | 7 to 8pm<br>pPilates<br>Reformer 1<br>Leslie                   | 7 to 8pm<br>Mat 2<br>Debby   | 7 to 8pm<br>Reformer 2<br>Sharon                            | 7 to 8pm<br>Mat<br>Foundations<br>Nicole <b>NEW!</b>    | 7 to 8pm<br>Reformer<br>2<br>Karen                    |  |  |  | Blue = Mat<br>and/or<br>Reformer<br>Levels 1-3                        |

| GROUP RATES   |   | GROUP CLASS DESCRIPTIONS  |   |
|---|---|---|---|
| Reformer or Combo (Pilates)<br>(3-5 participants)   | 1 per week \$26.00/class<br>2 per week \$23.50/class<br>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<br>(3-6 participants)           | 1 per week \$17.00/class<br>2 per week \$16.00/class<br>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<br>(call to confirm space and reserve) | \$20.00/class 1 hr (Mat/Yoga)<br>\$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<br>\$210.00<br>(one time only)  | <b>WELCOME PACKAGE:</b><br>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.<br><br><b>FOUNDATIONS CLASSES:</b><br>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.<br><br><b>Call or Email to book your Private or Class today!</b><br><b>Studio Coordinator 250 598 9828 ext 2</b><br><a href="mailto:pilates@shelbournphysio.ca">pilates@shelbournphysio.ca</a><br><a href="http://www.pilatesvictoriabc.ca">www.pilatesvictoriabc.ca</a> |   |
| Privates  | \$80.00   |   |   |
| Semi Private  | \$45.00/per participant   |   |   |
| Private Packages                                    | 5 Private Sessions \$375.00 (Save\$25)<br>10 Private Sessions \$740.00 (Save\$60)<br>15 Private Sessions \$1095.00 (Save\$105)<br>20 Private Sessions \$1440.00 (Save\$160) |   |   |
| Punch Cards<br>(1 year exp.)<br>Booked weekly       | Reformer Combo<br>8 Classes \$206.00<br>5 Classes \$130.00  |   |   |
| Call to check availability                          | Mat<br>(Mat, Yoga, Fusion)<br>8 Classes \$136.00<br>5 Classes \$85.00   |   |   |