

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

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		