

6 & 7
Week
Series

~ Pilates Unlimited ~

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pilates.ca

Mat & Reformer Class Series - Spring 2010

	SUNDAY May 23-June 27		MONDAY May 17-June 28		TUESDAY May 18-June 29		WEDNESDAY May 19-June 30		THURSDAY May 20-June 24		FRIDAY May 21-June 25		SATURDAY May 22-June 26	
	MAT	REF	MAT	REF	MAT	REF	MAT	REF	MAT	REF	MAT	REF	MAT	REF
6:30 AM								LEVEL 1						
9:30 AM														
10:30 AM														LEVEL 1
11:30 AM		LEVEL 2	NIA									LEVEL 2		
12:30 PM														
5:30 PM									ZUMBA FIT					
6:30 PM								LEVEL 2	PILATES W/TOYS					
7:30 PM					LEVEL 2									

Pilates:

Matwork:

6 classes \$79
Drop In \$14

Reformer:

6 classes \$149
Drop In \$30

Fun Cardio Classes:

Zumba Fit:

6 classes \$59
Drop In \$12

Nia:

6 classes \$59
Drop In \$12

~Add 5% GST to all prices~

Descriptions:

Level 1 = Previously taken 0-20 classes in the last 12 months

Level 2 = Previously taken 15+ classes in the last 12 months

REF (Reformer) = Up to 6 participants follow an instructor through a series of apparatus based Pilates exercises on the reformer.

Pilates w/Toys = Pilates matwork exercises incorporating small Pilates equipment such as bands, balls, rings and foam rollers.

Zumba Fit = Cardio fitness class based on Latin rhythms, combining fun and motivating music with high energy and easy to do steps.

Nia = Transformational dance and movement practice, that draws on aspects of the dance arts, healing arts and martial arts