

PILATES

in Guelph

Centre for Professional Pilates Instruction

109 Surrey St E

www.pilatesinguelph.com/Info@pilatesinguelph.com

519 829-2928

Tuesday January 2nd to Sunday December 23rd 2018

February 19, April 1 & 2, May 21, June 30, July 1 & 2, July 31 through August 6, September 3, October 8, October 31 – last class at 12pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 Mat Dynamics Paula	9:30 Core Essential I Erinn	9:30 Core Reformer Sarah	7:00 Mat Flow Paula	9:15 Core Balance Sarah	9:15 Reformer Foundation Melissa	9:00 Mat Flow Paula
9:30 Reformer Flow Sarah			9:15 Core Reformer Catherine	10:30 Core Reformer Sarah	9:00 Mat Flow Paula	10:00 Core Essentials I
10:30 Core Reformer Sarah	10:30 Core Reformer Erinn	12:00 Reformer Foundation Maeghan	10:30 Reformer Precision Catherine		10:15 Reformer Dynamic Angelina	
12:00 Reformer Precision Sarah	12:00 Mat Precision Dionne	12:00 Mat Dynamics Sarah		12:00 Abs and Backs Maeghan	10:00 Mat Vertical Paula	
			12:00 Core Essentials II Caitlin		11:15 Reformer Precision Melissa	
6:15 Arms, Shoulder and Core Ivana		5:15 starting Jan 31 st Core Reformer Ivana				
6:15 Reformer Dynamic Alex	5:30 Core Reformer Caitlin	6:15 Jan 24 th Reformer Flow Ivana	5:30 – 6:50 (80mins) Dynamic Duo Sarah	6:15 Mat Flow Rotating Instructors		
7:15 Mat Foundation Alex	6:15 Mat Dynamic Angelina	7:15 Jan 24 th Reformer Foundation Ivana	6:15 Mat Precision Maeghan			
7:15 Ref. Precision Ivana	7:15 Ref. Dynamic Flow	7:15 Abs & Back Angelina	7:15 Reformer Precision Sarah			
8:15 Mat Precision Alex	7:15 Mat Precision Angelina	8:15 Reformer Precision Angelina	7:15 Mat Dynamic Maeghan			
8:15 Reformer Foundation Ivana	8:15 Core Circuit Angelina	8:15 Stability Ball Ivana	8:15 Core Circuit Sarah			

Workshops 2018

Jan Sat 13th Intro to Yin 11:30
1.5hrs
Feb 4th Neck and Shoulders 11:30
& Free Your Hip 1:00
Feb 10th Support Your Knee 11:30
& Love Your Feet 2:00

Teacher Training

Jan 19th Resistance Apparatus
Jan 26,27,28th Reformer
Intensive I
Feb 3rd Anatomy in Motion
Feb 9 -11th Reformer Intensive II
Feb 23 - 25 Matwork Intensive

Series	4wk*	16wk Full/Payments*	48wk*
Mat Class	\$76	\$274/\$68.5	\$65
Unlimited	\$180	\$596/\$149	\$135
Reformer Class	\$96	\$346/\$86.50	\$82
Unlimited Reformer	\$250	\$900/\$225	\$212
Duo (80 min) Class	\$124	\$447/\$111.75	\$120
Drop in Mat	\$23		
Drop in Reformer	\$26		
2 Privates Special	\$120		

* prices do not include hst

*Based on a 4, 16 or 48 week set of classes. Prices do not include HST. Classes are 55 minutes in length unless otherwise noted. There is a limit of 10 participants per mat class, 9 per reformer class. Classes that do not meet the minimum number of participants may be cancelled with a full refund provided. You must give 6 hours' notice when cancelling your class to make up the cancelled class. Otherwise the credit will be forfeit. Group classes are 100% nonrefundable after the first day of class. In the case of Medical withdraws, a doctor's note must be received, a credit for the remaining classes will be given. 24 hours cancellation notice is required for private and semi private session or the full fee will be charged. All private sessions bought with group classes expire at the end of the term.

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