

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	9:15 Core Reformer Catherine	9:15 Core Balance Sarah	9:15 Reformer Foundation Melissa	9:00 Mat Flow Paula
9:30 Reformer Flow Sarah			10:30 Reformer Precision 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			10:15 Reformer Dynamic Angelina	
12:00 Reformer Precision Sarah		12:00 Mat Dynamics Sarah	12:00 Core Essentials II Caitlin	12:00 Abs and Backs Maeghan	10:00 Mat Vertical Paula	
					11:15 Reformer Precision Melissa	
6:15 Arms, Shoulder and Core		5:15 Core Reformer Ivana				
6:15 Reformer Dynamic Alex	5:30 Core Reformer Caitlin	6:15 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 Reformer Foundation	6:15 Mat Precision Maeghan			
7:15 Ref. Precision Ivana	6:30 Reformer Dynamic	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 Ref. Foundation Ivana	8:15 Core Circuit Angelina	8:15 Stability Ball Ivana	8:15 Core Circuit Sarah			

Workshops 2018

March 3rd 11:30 Support Your knees & 2:00 Love Your Feet
March 24th 11:30 Back Care & 2:00 Improve Your Posture

Teacher Training

April 28th Anatomy in Motion 1-7pm
May 4 – June 23rd Matwork Intensive * see studio for details
July 20th Breathing Mechanics 1-7pm

Series	4wk*	16wk Full/Payments*	48wk*
Mat Class	\$76	\$274/\$68.5	\$65
Unlimited	\$185	\$596/\$149	\$135
Reformer Class	\$96	\$346/\$87	\$82
Unlimited Reformer	\$250	\$900/\$225	\$212
Duo (80 min) Class	\$124	\$447/\$112	\$106
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, 10 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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