

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, March 30 & April 1, 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		9:00 Reformer Precision Maeghan	9:15 Reformer Foundation Paula	9:00 Mat Flow Paula
9:30 Reformer Flow Sarah			9:15 Core Reformer Catherine	9:15 Core Balance Sarah	9:00 Mat Flow Carolyn	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	10:30 Core Reformer Sarah	10:15 Reformer Dynamic Carolyn	
12:00 Reformer Precision Sarah		12:00 Mat Dynamics Sarah			10:15 Mat Vertical Paula	
			12:00 Core Essentials II Caitlin	12:00 Mat Flow Dionne	11:15 Reformer Precision Carolyn	
6:15 Arms, Shoulder and Core Ivana						
6:15 Reformer Dynamic Denise	5:30 Core Reformer Caitlin	5:15 Core Reformer Ivana	5:30 – 6:50 (80mins) Dynamic Duo Sarah			
7:15 Mat Foundation Denise	6:15 Mat Dynamic Paula	6:15 Reformer Flow Ivana	6:15 Mat Precision Maeghan			
7:15 Ref. Precision Ivana	6:30 Ref. Dynamic Caitlin		7:15 Reformer Precision Sarah			
8:15 Mat Precision Ivana	7:15 Mat Precision Paula	7:15 Mat Vertical Ivana	7:15 Mat Dynamic Maeghan			
8:15 Reformer Foundation Denise	8:15 Core Circuit Paula	8:15 Reformer Precision Ivana	8:15 Core Circuit Sarah			

Workshops 2018

Gardening workshop May 6th at 11:00 with Catherine

Intro to the Oov June 3rd 11-1pm with Guest Presenter

Yoga Release balls included July 21st 11:30 – 1:30 with Guest Presenter

Teacher Training

Anatomy in Motion April 28th 1-7pm
Spring Matwork Intensive beginning May

4th
Postural Analysis May 18th and 19th 1-7pm
Breathing Mechanics July 20th 1-7pm

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	\$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, 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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