



Spring breathes
new life
 into the world
 around us

Spring 2017 Class Schedule

Monday, April 10 - Friday, June 30, 2017

(Classes cancelled for Good Friday, April 14, Easter Monday, April 17, Victoria Day, May 22)

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 a.m Reformer	6:15 a.m Spin (45 minutes)	7 a.m Reformer	6:45 a.m Reformer (45 minutes)	6:05 a.m Spin (45 minutes)
9:30 a.m Reformer				7 a.m Yoga
12 p.m Reformer (45 minutes)		12 p.m Reformer (45 minutes)		12 p.m Reformer (45 minutes)
4 p.m Yoga				
5:15 p.m Reformer	5:30 p.m Reformer		6 p.m Reformer (45 minutes)	
6:15 p.m Mat (S.A, T)* Pilates	5:30 p.m Mat (S.A,E)* Pilates	5:45 p.m IRON Yoga	7 p.m Reformer	
7 p.m Spin + Yoga	6:45 p.m Mat (S.A,E)* Pilates	7 p.m Spin (45 minutes)		

Class Type - Reformer	Price Per Class/Person
Class Pass	\$27, \$30.51(w/HST)
Loyalty Program*	\$25, \$28.25 (w/HST)
Reformer 45 Minutes	
Class Price	\$21, \$23.73(w/HST)
Loyalty Program*	\$20, \$22.60 (w/HST)
Mat Pilates/Yoga & Yoga/Spin	
Class Price	\$20, \$22.60(w/HST)
Loyalty Program*	\$19, \$21.47(w/HST)
45 minute Mat Pilates	
Class Price	\$15, \$16.95(w/HST)
Loyalty Program*	\$14, \$15.82(w/HST)
45 minute Spin	
Class Price	\$15, \$16.95(w/HST)
Loyalty Program*	\$14, \$15.82(w/HST)
Running + Reformer	
Class Price	\$22, \$24.06(w/HST)
Loyalty Program*	\$20, \$22.60(w/HST)

** Yoga: Monday May 1 class cancelled.

Spring Season Classes: Monday's (10 weeks) Tuesday - Thursday (12 weeks) Fridays (11 weeks)

Sign up for a minimum of 6 weeks to qualify for our Loyalty Program

*S.A = small apparatus, E = exo chair, T = tower/springs