



“This summer put your phone away.

Make some memories no one knows about.

Make some memories that are just yours.”

- unknown

Summer 2017 Class Schedule

Monday July 10 - September 1, 2017 (8 wks) (Monday 7wks)
 (Classes cancelled for Civic Long Weekend August 7, 2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Class Type - Reformer	Price Per Class/Person
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)	Class Pass	\$27, \$30.51(w/HST)
					Loyalty Program*	\$25, \$28.25 (w/HST)
					Reformer 45 Minutes	
9:30 a.m Reformer				7 a.m Yoga	Class Price	\$21, \$23.73(w/HST)
					Loyalty Program*	\$20, \$22.60 (w/HST)
					Mat Pilates/Yoga & Yoga/Spin	
12 p.m Reformer (45 minutes)		12 p.m Reformer (45 minutes)		12 p.m Reformer (45 minutes)	Class Price	\$20, \$22.60(w/HST)
					Loyalty Program*	\$19, \$21.47(w/HST)
					45 minute Mat Pilates	
5:15 p.m Reformer	5:30 p.m Reformer				Class Price	\$15, \$16.95(w/HST)
					Loyalty Program*	\$14, \$15.82(w/HST)
					45 minute Spin	
6:15 p.m Mat (S.A, T)* Pilates	5:30 p.m Mat (S.A,E)* Pilates	5:45 p.m IRON Yoga			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)
	7:30 p.m Reformer (45 minutes)					

Sign up for a minimum of 4 weeks to qualify for our Loyalty Program

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

Spring Class Break: July 3 - 7, 2017

Summer Class Break: September 4 - 7, 2017