



Autumn
paints with
colours
that summer
has never seen

Autumn Class Schedule

Monday September 11 - December 22, 2017 (15 wks) (Monday 14 wks)
(Classes cancelled Thanksgiving Monday October 9, 2017)

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 a.m Reformer	6:15 a.m Indoor Cycle (45 minutes)	7 a.m Reformer	6:45 a.m Reformer (45 minutes)	6:05 a.m Indoor Cycle (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)
5:15 p.m Reformer	5:30 p.m Reformer			
6:15 p.m Mat (S.A, T)* Pilates	5:30 p.m Mat (S.A,E)* Pilates	6:15 p.m Indoor Cycle & Restorative Yoga	6 p.m Reformer	
7 p.m Indoor Cycle & Restorative Yoga	7:30 p.m Reformer (45 minutes)	7:15 p.m Reformer (IRON Yoga)	7 p.m Reformer	

Class Type	Class Cost	Loyalty Program
Reformer (60 min)	\$28.50	\$26.50
Reformer (45 min)	\$22.50	\$21.50
Mat Pilates/Yoga	\$21.50	\$20.50
Mat Pilates(45 min)	\$16.50	\$15.50
Spin (45 min)	\$15.00	\$14.00
Spin & Restorative Yoga	\$21.50	\$20.50
Open Class Pass*	\$150 - \$500	

Prices set per person/class and do not include HST
For example: Reformer (60 min) Class for the Fall is
 $\$26.50 \times 15 = 397.50 \times 13\% \text{ (HST)} \$51.68 =$
 $\$449.18$

- * **Open class pass:** this is a credit on your client account (without expiry). When you attend a class the cost will be processed and applied to your account credit. We will send you an email as your credit runs low.
- * Please note with the open class pass you will need to utilize the MindBody App or Online class access at artoffitness.net/registration/.

Sign up for a minimum of 8 weeks to qualify for our Loyalty Program

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

Season End Break: December 23, 2017 - January 7, 2018

Winter Classes Start: January 8, 2018