

*Let the snow fall, get outside, enjoy the cold.*

## WINTER 2019 CLASS REGISTRATION OPEN

JANUARY 7 - MARCH 29

(12 WEEKS) (STUDIO CLOSED MONDAY FEBRUARY 18 FOR FAMILY DAY)

TheBoss@artoffitness.net

(Monday: 11 weeks, Tuesday - Friday: 12 weeks)

**SEASON BREAK** Monday, April 1 - Friday, April 5, 2019

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		
7 p.m Indoor Cycle & Restorative Yoga	6:35 p.m Mat (S.A,T)*	7:15 p.m Reformer	7 p.m Reformer	

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

Prices set per person/class and do not include HST

Example: Reformer Class (60 min) for the winter is:  
 $\$26.50 \times 12 = \$318$  x 13% (HST)  $\$41.34 = \$359.34$   
 (Loyalty Program Price)

\* **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/](http://artoffitness.net/registration/)

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

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

**Don't wait until spring ... Join our classes anytime!**

Reformer Class New Client Protocol:

Book a machine tutorial for your introduction to the Reformer.

\$56.50 tax included, then come in for your complimentary first class.