

2012 Winter Schedule



Sat., Jan 14th - Sat, March 24th - 10 week Session

****Please note new address****

#202, 8135-102 St, Edmonton AB, T6E 4A4 | 780-461-9594 | pilates2@telus.net | www.pilateseq.ca

Mat Classes <i>55 Min. classes</i> <i>(Max 12 per class)</i>	Registered- 1 x per week (9 class series)- (\$16/class)		\$144 + GST		
	Registered- 1 x per week (10 class series)- (\$16/class)		\$160 + GST		
	Registered- 2 x per week (20 class series)- (\$15/class)		\$300 + GST		
	Winter- Unlimited Mat session series <i>All series listed above expire on March 24th, 2012</i>		\$399 + GST		
Beginner Classes – Blue Intermediate- Golden Multi level- Green	Monthly unlimited mat pass		\$175 + GST		
	8 visit pass-(\$19/class)- 6 month expiry		\$152 + GST		
	Drop- in		\$21 + GST		
Monday (9 weeks) <i>No Classes on-Feb 20th</i>	Tuesday	Wednesday	Thursday	Friday	Saturday <i>No Classes on-Feb 18th</i>
9:15 Mat/ Fletcher Towelwork	9:15 Pilates for Buff Bones		9:15 Mat Beg.	9:15 Balance with Balls	9:15 Mat- Interm.
	10: 15 Mat- Interm./ Adv.		10:15 Yamuna Body Rolling -interm.		10:15 Mat- Beg.
			11: 15 Mat- Rejuvenating		
12:15 Mat- Beg.		12:15 Mat- Interm.		12:15 Mat- Core Principles	
	5:00 Mat- Beg.	5:00 Mat- Interm.	5:00 Balance with Balls		
6:00 Mat- Core Principles		6:00 Pilates for Buff Bones		6:30 Pilates EQ- Happy Hour!	
7:00 Mat- Interm./ Adv.		7:00 Yamuna Body Rolling- Beg.	7:00 Mat- Beg.		

Equipment Classes 55 Min. Classes (Max 5 per class) <i>Beginner Classes – Blue</i> <i>Intermediate- Golden</i> <i>Advanced- Orange</i>	Registered- 1 x per week (9 class series)- (\$28/class) Registered- 1 x per week (10 class series)- (\$28/class) Registered- 2 x per week (20 class series)- (\$26.60/class) <i>All series listed above expire on March 24th, 2012</i>		\$252 + GST \$280 + GST \$532 + GST		
	8 visit pass - (\$32/class) <i>(based on class space availability- 6 month expiry)</i> Drop- in		\$256 + GST \$35 + GST		
Monday <i>(9 weeks)</i> <i>No Classes on-Feb 20th</i>	Tuesday	Wednesday	Thursday	Friday	Saturday <i>No Classes on-Feb 18th</i>
9:15 Reformer Interm.	9:15 Equip. Interm./ Adv.	9:15 Equip. Interm./ Adv.			
		10:15 Equip. Beg.	10:15 Equip. Adv.	10:15 Chair Interm.	
					11:15 Equip. Beg.
12:15 Equip. Beg.	12:15 Equip. Beg.		12:15 Reformer Interm.		
5:00 Equip. Beg.					
6:00 Reformer Interm.	6:00 Equip. Beg.		6:00 Reformer Interm./ Adv.		
	7:00 Equip. Interm.		8:00 Equip. Beg.		