

Winter 2024

CLASS SCHEDULE

January/February 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am		NEW! 7 to 8am Level 3 Chris	NEW! 7 to 8am Level 2 Jen	NEW! 7 to 8am Level 3 Chris	NEW! 7 to 8am Level 2/3 Chris	
8am		8 to 9am Level 2 Chris	NEW! 8 to 9am Level 1 Jen	8 to 9am Level 2 Chris	8 to 9am Level 1 Chris	
9am	9 to 10am Foundations Chantelle	NEW! 9 to 10am Level 1 Jen	NEW! 9 to 10am Level 1/2 Chantelle	9 to 10am Level 1 Chantelle	NEW! 9 to 10am Level 1 Jen	
10am	10 to 11am Seniors Chantelle	NEW! 10 to 11am Level 2 Chris	10 to 11am Level 1/2 Chantelle	10 to 11am Level 2 Chris	NEW! 10 to 11am Stretch 2 Chantelle	9:30 to 10:30am Level 1 Thea
11am	11 to 12pm Level 1/2 Chantelle	11 to 12pm Sculpt 2 Chantelle	11 to 12pm Level 2 Chantelle	NEW! 11 to 12pm Stretch 2 Chantelle	11 to 12pm Level 2 Chris	10:30 to 11:30am Level 1/2 Thea
12pm	12 to 1pm Level 2 Chris	12 to 1pm Seniors Chris	12 to 1pm Level 1 Chris	12 to 1pm Seniors Chris	NEW! 12 to 1pm Level 3 Chris	11:30 to 12:30pm Level 1 Thea
1pm	1 to 2pm Level 2 Chris					
2pm	2 to 3pm Level 1 Chris	2 to 3pm Level 2 Chris	NEW! 2 to 3pm Level 2 Jen	2 to 3pm Level 1 Chris	NEW! 2 to 3pm Level 2 Jen	
3pm	3 to 4pm Level 1 Chantelle	NEW! 3 to 4pm Level 1 Jen	NEW! 3 to 4pm Level 1 Jen	3 to 4pm Seniors Chantelle	NEW! 3 to 4pm Level 1 Jen	
4pm	4 to 5pm Sculpt 2 Chantelle	NEW! 4 to 5pm Level 2 Jen	4 to 5pm Level 1 Kelsey	4 to 5pm Level 1 Chantelle		<u>Legend:</u>
5pm	5 to 6pm Level 2/3 Chantelle	NEW! 5 to 6pm Foundations Thea	5 to 6pm Level 2 Chris	5 to 6pm Sculpt 2/3 Chantelle		Foundations
6pm	6 to 7pm Foundations Chris	NEW! 6 to 7pm Level 1 Thea	6 to 7pm Level 2/3 Chris	6 to 7pm Level 1 Kelsey		Levels
7pm	NEW! 7 to 8pm Level 3 Chris		7 to 8pm Level 3 Chris	7 to 8pm Level 1/2 Kelsey		Specialty

For Private Session availability, please contact the studio at (250) 598-9828 ext 2

GROUP RATES		GROUP CLASS DESCRIPTIONS	
Reformer or Combo (3-6 participants)	1 per week <i>\$28.00/class</i> 2 per week <i>\$25.50/class</i> 3 per week <i>\$23.00/class</i>	Level 1 Exercises :Beginner Tempo: Slow	You will build on your introduction to Pilates by expanding further on the 5 basic principles. In addition to understanding the What, Why and How of each principle, you learn how they apply more specifically to your own body. Additionally you learn how to modify exercises in case they don't work for you or your body.
Drop-in Rate (call to confirm space and reserve)	<i>\$30.00/class 55 mins</i> <i>(Reformer/Combo)</i>	Level 2 Exercises: Intermediate Tempo: Moderate	Participants will learn exercises from the Intermediate repertoire on either the mat, reformer, and/or stability chair. Exercises from the beginner repertoire and the 5 basic principles should now be familiar.
Punch Cards (1 year exp.) Booked weekly Call to check availability	Reformer Combo 8 Classes <i>\$224.00</i> 5 Classes <i>\$140.00</i>	Level 3 Exercises: Advanced Tempo: Fast	At this stage your passion for Pilates and optimal movement is obvious, your exercises are graceful and you are very familiar with the repertoire. In this class you will build on your strength, endurance, speed, power and agility with advanced exercises.
		Stretch Exercises: reformer with yoga postures Tempo: Slow	The perfect balance of strength and stretch. Learn how to blend Pilates principles into yoga postures to achieve proper form and alignment allowing for deeper stretches and enhanced muscle recovery. This class is slowed down to focus on breath and create a meditative quality which promotes mind/body relaxation and calm anxiety.
		Sculpt Exercises: Intermediate Tempo: Moderate	This class is amped up to give you a full body burn with a prime focus on stability, control and strength. Props, Cardio tramp and hand weights are added to regular reformer exercises to target multiple muscle groups within a specific exercise. This class is meant to be sweaty, building internal heat and increased heart rate.
PRIVATE AND SEMI PRIVATE RATES		NEW TO PILATES?	
Welcome Package	Three 55 mins Private Pilates sessions <i>\$210.00</i> <i>(one time only)</i>	WELCOME PACKAGE: The Welcome Package is recommended for those with injuries/rehabilitative focus. One-on-one assessment and instruction to learn the foundations and principles of Pilates – all equipment available. FOUNDATIONS CLASSES: This Class offers participants an introduction to Reformer or Mat Work. You will review the STOTT PILATES 5 Basic Principles and learn essential exercises to establish core strength, stability and body awareness, improve muscle tone, posture and alignment. Call or Email to book your Private or Class today! Studio Coordinator 250 598 9828 ext 2 pilates@shelbournphysio.ca www.pilatesvictoriabc.ca	
Privates	<i>\$80.00</i>		
Semi Private	<i>\$45.00/per participant</i>		
Private Packages	5 Private Sessions <i>\$375.00</i> <i>(Save\$25)</i> 10 Private Sessions <i>\$740.00</i> <i>(Save\$60)</i> 15 Private Sessions <i>\$1095.00</i> <i>(Save\$105)</i> 20 Private Sessions <i>\$1440.00</i> <i>(Save\$160)</i>		