



TERM 2	Monday *10 weeks* Nov 24-Feb 9 *no class Dec 29	Tuesday *11 weeks* Nov 25-Feb 10 *no class Dec 30	Wednesday *11 weeks* Nov 26-Feb 18 *no class Dec 24/31	Thursday *11 weeks* Nov 27-Feb 19 no class Dec 25/Jan 1	Friday *11 weeks* Nov 28-Feb 13 *no class Dec 26
9:45am	Core Restore 1 (V)	Level 3 (JS)	Level 2 (J)	Level 2 (JS)	Strength (V)
11:00am	Core Restore 2 (V)	Level 2 (M)	Level 1 (J)	Level 1 (JS)	Level 2 (F)
LOFT	Pelvic Core (J)				
12:15pm	Strength (J)	Level 3 (M)	Strength (J)	Strength (M)	Level 2 (F)
2:15pm			Strength (F)		
5:00 pm	Strength (U) *5:15pm start*	Level 2 (F)	Level 3 (M)	Level 3 (F)	
LOFT		Intro Class (A) Nov 25 – Jan 6		Pelvic Core (J)	
6:15 pm	Level 2 (A)	Level 2 (F)	Level 2 (V)	Prenatal (J)	
LOFT		Pelvic Pain (J) TBD		Pelvic Core (A) TBD	
7:30 pm		Level 3 (J)	Level 3 (V)	Level 1 (A)	
LOFT		Gender Affirming Movement (A) Nov 25 – Jan 20			

(M) Martha (F) Francesca (JS) Jenna (J) Jalisa (V) Victoria (U) Ulla (A) Amy

- All classes billed as Group Physiotherapy and may be covered by your extended health care benefits
- **Zoom access is UNLIMITED for everyone** - all classes livestreamed except for Strength and Loft classes
- **Pre-Class Assessment is INCLUDED** if brand new to SYNERGY
- Class makeups: unlimited via Zoom until end of each session / no credit for insurance purposes
- Classes are 50 min long *Exception: Strength is 45 min*

Mat Classes	\$330 / 11 wks	Level 1, 2, 3 + Prenatal
Core Restore	\$300 / 10 wks	Baby Friendly
Pelvic Core	\$350 / 10 wks - \$385 / 11 wks	Includes on demand classes
Strength with Springboards	\$350 / 10 wks - \$385 / 11 wks	Ask about our Move More Special
Pelvic Pain Workshop	\$296 / 8 wks	Includes on demand classes
6 Week Intro	\$180 / 6 wks	No experience necessary
Gender Affirming Movement Class	FREE / 8 wks	2S/LGBTQ+ community only