

## SPRING 2022 PHYSIOPILATES

<b>Time</b>	<b>Monday</b> Mar 14 – June 6	<b>Tuesday</b> Mar 15 – May 31	<b>Wednesday</b> Mar 16 – June 1	<b>Thursday</b> Mar 17 – June 2	<b>Friday</b> Mar 18 – June 10
<b>9:45am</b>		Level 2 (B)		Level 1-2 (JS)	
<b>11:00am</b>	Level 1 (J)	Level 2 (M)	Level 2 (J)	Level 2 (JS)	Level 2 (F)
<b>12:15pm</b>	Level 1 (B)	Level 3 (M)		Level 3 (B)	Level 2 (F)
<b>5:00 pm</b>	Level 1-2 (JS)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
<b>6:15 pm</b>	Level 2 (JS) + **PostNatal Sport (B)	Level 2 (F)	Level 3 (M)	Prenatal Core (F)	
<b>7:30 pm</b>	PostNatal Core (B)	Level 3 (JS)	Level 1 (V)	Level 2 (B) + **Level 3 (J)	

**(M) Martha (F) Francesca (JS) Jenna (B) Bree (J) Jalisa (V) Victoria**

**\*No classes Good Friday, April 15 or Victoria Day, May 23. Classes will run on Easter Monday\***

**Investment:** \$288.00 for 12 classes (billed as Group Physiotherapy). Due upon registration.

**Prerequisite:** PhysioPilates Assessment for new clients (billed separately as a Physio Assessment).

Classes are 50 minutes in length and will be taught in studio + virtual zoom. Two virtual makeup classes per person (no in person makeup classes). In the event of public health studio closure, classes will continue virtually (no refunds will be issued).

No refunds within 10 days of session start date.

\*\*Starred classes are limited to 5 people and are held in the LOFT studio. These classes do not have a virtual option, but participants can attend other virtual classes as makeups.