

TERM 4 PHYSIOPILATES

Time	Monday May 15 – July 31 *no class May 22	Tuesday May 16 – July 25	Wednesday May 17 – July 26	Thursday May 18 – July 27	Friday May 19- July 28
9:45am	Core Restore Level 1 (V)	Level 2 (B)		Level 2 (JS)	Level 1 (V)
11:00am	Level 1 (J)	Level 2 (M)		Level 1 (JS)	Level 2 (F)
12:15pm	Level 1 (B)	Level 3 (M)		Level 3 (B)	Level 2 (F)
1:30pm				Core Restore Level 2 (B)	
5:00 pm	Level 1-2 (JS)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
6:15 pm	Level 2 (JS)	Level 2 (F)	Level 1 (V)	Prenatal Core (F) *PelvicPain (J) dates TBD	
7:30 pm		Level 3 (J)	Level 2 (V)	*PelvicPain 2 (J)	

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

No classes Monday, May 22

Investment: \$275.00 for 11 classes (billed as Group Physiotherapy). Due upon registration.

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

Info: Classes are 50 minutes in length and will be taught in studio + virtual zoom. Three virtual makeup classes per person (no in person makeups) allowed, to be completed by end of Term 4.

*Starred classes are limited to 6 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.

*Pelvic Pain is a 6 week movement and education workshop – investment \$180.00. Dates TBD.

*Pelvic Pain 2 is an 11 week session, that runs with our regular schedule. Prereq: Pelvic Pain workshop.