



| TERM 1 | Monday *10 weeks* Sept 8 – Nov 17 *no class Oct 13* | Tuesday *11 weeks* Sept 2 -Nov 11 | Wednesday *11 weeks* Sept 3-Nov 12 | Thursday *11 weeks* Sept 4-Nov 13 | Friday *11 weeks* Sept 5-Nov 14 |
|----------------|---|--|---|--|--|
| 9:45am | Core Restore 1 (V) | Level 3 (JS) | Level 2 (J) | Level 2 (JS) | Springboards (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 | Springboards (J) | Level 3 (M) | Springboards (J) | Springboards(M) | Level 2 (F) |
| 2:15pm | | | Springboards (F) | | |
| 5:00 pm | Springboards (U) * 5:15pm start * | Level 2 (F) | Level 3 (M) | Level 3 (F) | |
| LOFT | | Intro Class (A) Sept 9 – Oct 14 | | Pelvic Core (J) last class Nov 6 | |
| 6:15 pm | Springboards(U) | Level 2 (F) | Level 2 (V) | Prenatal (J) | |
| LOFT | | Pelvic Pain (J) Sept 9 – Oct 28 | | Pelvic Core (A) last class Nov 6 | |
| 7:30 pm | | Level 3 (J) | Level 3 (V) | Level 1 (A) | |
| LOFT | | Gender Affirming Movement (A) Sept 9 – Oct 28 | | | |

(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 Loft and Springboards
- **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: Springboards is 45 min*

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| 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 |
| 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 class + FREE assessment | 2S/LGBTQ+ community only |