

## TERM 3 PHYSIOPILATES

<b>Time</b>	<b>Monday</b> Feb 27 – May 8	<b>Tuesday</b> Feb 28 – May 9	<b>Wednesday</b> Mar 1 – May 10	<b>Thursday</b> Mar 2 – May 11	<b>Friday</b> Feb 24-May12
<b>9:45am</b>	Core Restore Level 1 (V)	Level 2 (B)		Level 2 (JS)	Level 1 (V)
<b>11:00am</b>	Level 1 (J)	Level 2 (M)			Level 2 (F)
<b>12:15pm</b>	Level 1 (B)	Level 3 (M)		Level 3 (B)	Level 2 (F)
<b>1:30pm</b>				Core Restore Level 2 (B)	
<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)	Level 2 (F)	Level 1 (V)	Prenatal Core (F) *PelvicPain (J) March 2 – April 6	
<b>7:30 pm</b>		Level 3 (J)	Level 2 (V)	*PelvicPain 2 (J)	

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

\*\*\*No classes Good Friday, April 7 \*\*\*

**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 3.

\*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, running March 2 to April 6. Fee \$180.00.

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