

Term 3	Monday *10 -11 weeks* Feb 23 – May 4/11 *no class April 6	Tuesday *11 weeks* Feb 24 – May 5	Wednesday *11 weeks* Feb 25 – May 6	Thursday *11 weeks* Feb 26 – May 7	Friday *11 weeks* Feb27-May 15 *no class April 3
9:45am	Core Restore 1 (V) 10 wks	Level 3 (JS)	Level 2 (J)	Level 2 (JS)	Strength (V) 10 wks
11:00am	Core Restore 2 (V) 10 wks	Level 2 (M)	Level 1 (J)	Level 1 (JS)	Level 2 (F)
LOFT	Pelvic Core (J)				
12:15pm	Strength (J) 10 wks	Level 3 (M)	Strength (J) 10 wks	Strength (M) 10 wks	Level 2 (F)
2:15pm			Strength (F) 10 wks		
5:00 pm	Strength (U) * <u>5:15pm start</u> * 10 wks	Level 2 (F)	Level 3 (M)	Level 3 (F)	
LOFT				Pelvic Core (J)	
6:15 pm	Level 1 (A)	Level 2 (F)	Level 2 (V)	Prenatal (J)	
LOFT		Intro Class (A) March 24 – Apr 28			
7:30 pm	Gender Affirming Movement (A) Feb 23 – Apr 20	Level 3 (J)	Level 3 (V)	Level 2 (A)	

(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	\$385 / 11 wks	Includes on demand class bundle
Strength with Springboards	\$300 / 10 wks	Experience necessary
Pelvic Pain Workshop	\$296 / 8 wks	Includes on demand class bundle
6 Week Intro	\$180 / 6 wks	No experience necessary
Gender Affirming Movement Class	By Donation to Transformation Closet	2S/LGBTQ+ community only