

## WINTER PHYSIOPILATES

<b>Time</b>	<b>Monday</b> Dec 6 – Mar 7	<b>Tuesday</b> Dec 7 – Mar 1	<b>Wednesday</b> Dec 8 – Mar 2	<b>Thursday</b> Dec 9 – Mar 3	<b>Friday</b> Dec 10 – Mar 11
<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 Dec 24 to Jan 2, or Feb 21\***

**Investment:** \$276.00 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).

\*\*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.