

Term 4	Monday *10 weeks* May 25 – July 27	Tuesday *11 weeks* May 19-July 28	Wednesday *10 weeks* May 20- July 29	Thursday *11 weeks* May 21- July 30	Friday *11 weeks* May 22 – July 31
9:45am	Strength (V)	Level 3 (JS)	Level 2 (J)	Level 2 (JS)	Level 2 (F)
11:00am		Level 2 (M)	Level 1 (J)	Level 1 (JS)	Level 2 (F)
Workshop	Pelvic Core (J)				
12:15pm	Strength (J)	Level 3 (M)	Strength (J)	Strength (M)	Core Restore 2 (V)
1:30pm					Core Restore 1 (V)
2:15pm			Strength (F)		
5:00 pm	Strength (U) *5:15pm start*	Level 2 (F)	Level 3 (M)	Level 3 (F)	
Workshop				Pelvic Core (J) 10 wks to July 23	
6:15 pm	Level 1 (A)	Level 2 (A)	Level 2 (V)	Prenatal (J)	
Workshop		Pelvic Pain (J) May 19 - June 23		Intro Class (A) June 18 - July 23	
7:30 pm	Gender Affirming Movement (A) May 25 – July 13	Level 3 (J)	Level 3 (V)	Strength (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 streamed except Strength, Workshop + GAM
- **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	\$300/330: 10-11 wks	Level 1, 2, 3 + Prenatal
Core Restore	\$330: 11 wks	Baby Friendly
Pelvic Core	\$350: 10 wks	Includes on demand class bundle
Strength with Springboards	\$300/\$330: 10-11 wks	Experience necessary
Pelvic Pain Workshop	\$105: 6 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