



FALL SESSION 2010 - 14 WEEKS

Saturday SEPTEMBER 11th - Monday DECEMBER 20th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PILATES + YOGA 7:15am - 8:15am Meaghan		Mat/Reformer Combo - Adv. 7:00am - 8:30am Meaghan	Mat/Reformer Combo - Inter. 7:00am - 8:30am Meaghan	YOGA 9:15am - 11:00am Janet		
Mat/Reformer Combo - Inter. 9:30am - 11:00am Meaghan	Power PLUS 9:30am - 11:00am Janet	Mat/Reformer Combo - Adv. 9:30am - 11:00am Meaghan	PILATES + YOGA 9:30am - 11:00am Janet	Power PLUS 9:30am - 11:00am Marlene	Power PLUS 9:00am - 10:30am Marlene	Mat/Reformer Combo - Inter. 9:00am - 10:30am Jane
Mat/Reformer Combo - Inter. 11:15am - 12:45pm Meaghan	Mat/Reformer Combo - Inter. 11:15am - 12:45pm Janet	Power PLUS 11:15am - 12:45pm Marlene	Mat/Reformer Combo - Beg. 9:30am - 11:00am Elaine	Mat/Reformer Combo - Inter. 11:15am - 12:45pm Janet	Power PLUS 10:45am - 12:15pm Marlene	Mat/Reformer Combo - Inter. 10:45am - 12:15pm Jane
Mat/Reformer Combo - Beg. 12:15pm - 1:45pm Linda	Mat/Reformer Combo - Inter. 12:45pm - 2:15pm Elaine	Mat/Reformer Combo - Inter. 1:30pm - 3:00pm Marlene	Mat/Reformer Combo - Inter. 11:15am - 12:45pm Meaghan	Pilates MAT 12:15pm - 1:15pm Helen		
			Pilates MAT 1:30pm - 2:30pm Kim			
Mat/Reformer Combo - Inter. 6:15pm - 7:45pm Linda	Pilates MAT 4:30pm - 5:30pm Meaghan	Mat/Reformer Combo - Inter. 6:15pm - 7:45pm Helen	Mat/Reformer Combo - Beg. 6:15pm - 7:45pm Kim			
Mat/Reformer Combo - Inter. 8:00pm - 9:30pm Linda	Power PLUS 6:15pm - 7:45pm Marlene	Mat/Reformer Combo - Inter. 8:00pm - 9:30pm Helen	Mat/Reformer Combo - Inter. 8:00pm - 9:30pm Kim			
	YOGA 7:15pm - 8:45pm Meaghan	YOGA 8:00pm - 9:30pm Janet				

2010 Fall Session: Saturday September 11th - Monday December 20th (14 WEEKS)

Class Length: 1 1/2 Hours

Class Fee: \$462.00 + 13% HST (\$522.06 tax incl.)

Class Length 1 Hour

Class Fee: \$392.00 + 13% HST (\$442.96 tax incl.)

Optional Payment Plan: Two (2) Post-dated cheques (September 1st & November 1st)

Class Descriptions

COMBO MAT PLUS REFORMER combines 45 minutes of mat training with 45 minutes of Reformer training, designed to increase the effectiveness of your time commitment at the studio. Exercises performed on the Pilates equipment strengthen arms, core, legs and the spine facilitating a thorough grasp of the range and power of this technique.

ASHTANGA & HATH YOGA are active methods of yoga that synchronize breathing and movement with emphasis on alignment, vitality, strength and flexibility, addressing postural imbalances and muscular tightness or weakness towards enhanced fitness and living well. Yoga will help you connect to the flow of your breath and life, teaching you to skillfully listen to your body in order to enter deeply into your inner wisdom, clarity and peace of mind and heart.

PILATES PLUS YOGA explores the relationship between Pilates & Yoga in terms of how these complementary approaches to mind-body fitness enhance strength, balance, flexibility and coordination, together with a sense of inner clarity and ease. The similarities and differences between both systems are explored by interconnecting select Pilates and Yoga exercises that parallel and complement each other in terms of outer form and inner technique.

POWER PLUS builds the fitness components of *resistance*, *strength* and *balance* into the classical Pilates repertoire by adding props, weights, balls, and dynamic body weight coordination. Our goal is to increase your overall endurance, lean muscular tone and POWER. Go Girlr!

PILATES MAT covers the fundamentals of the Pilates mat work actively progressing into the more challenging core exercises of the repertoire. The class focuses on alignment, deep abdominal and back strength, and overall fitness. Resistance props are used to enhance the challenge and fun!

**Please make cheques payable to: Second Wind Pilates Plus - Post-dated for September 1st, 2010
Studio will be closed Saturday, October 9th - 11th for Thanksgiving Weekend**