



SUMMER SESSION 2010 - 8 WEEKS

Saturday July 3rd - Monday August 30th

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

2010 Summer Session: Saturday July 3rd - Monday August 30th (8 WEEKS)

Class Length: 1 1/2 Hours

Class Fee: \$264.00 + 13%HST (\$298.32 tax incl.)

Class Length: 1 Hour

Class Fee: \$224 + 13% HST (\$253.12)

Optional Payment Plan: Two (2) Post-dated cheques (July 1st & August 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 the Pilates 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 July 1st, 2010
Studio will be closed Saturday, July 31st - August 2nd for the Civic Holiday Long Weekend**