



Classes may be cancelled at studio's discretion
Contact office for possible alternative class times

WINTER SESSION 2012 - 12/13 weeks

Monday January 9th - Monday April 16th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		POWER PLUS COMBO 7:00am - 8:30am Marlene	PILATES COMBO Intermediate 7:00am - 8:30am Cathy		POWER PLUS COMBO 8:00am - 9:30am Marlene	
PILATES COMBO Beg/Inter 9:30am - 11:00am Cristina	PILATES COMBO Advanced 9:30am - 11:00am Janet	9 weeks Feb. 9 - Apr. 11	PILATES + YOGA 9:30am - 11:00am Janet	SECOND WIND YOGA 9:30am - 11:00am Janet	PILATES COMBO 1 HR Beg/Inter 9:00am - 10:00am Cristina	PILATES COMBO Beginner 9:00am - 10:30am Cathy
		PILATES COMBO Beg/Inter 8:30am - 10:00am Linda	PILATES COMBO Intermediate 9:45am - 11:15am Cristina	POWER PLUS COMBO 9:30am - 11:00am Marlene	POWER PLUS COMBO 10:00am - 11:30am Marlene	PILATES COMBO Intermediate 10:45am - 12:15pm Johanne
PILATES COMBO Intermediate 11:15am - 12:45pm Linda	PILATES COMBO Intermediate 11:15am - 12:45pm Sara	POWER PLUS COMBO 9:15am - 10:45am Marlene		PILATES COMBO Intermediate 11:15am - 12:45pm Janet		
	PILATES COMBO Intermediate 12:45pm - 2:15pm Johanne	PILATES MAT Advanced 1:30pm - 2:30pm Sara				PILATES 4 KIDS 12:30pm - 1:30pm Johanne
PILATES COMBO Intermediate 6:15pm - 7:45pm Linda		9 weeks Feb. 9 - Apr. 11	PILATES COMBO Intermediate 6:00pm - 7:30pm Cristina			
SECOND WIND YOGA 7:30pm - 9:00pm Janet	PILATES COMBO Intermediate 7:30pm - 9:00pm Cristina	PILATES COMBO Beginner 6:15pm - 7:45pm Jane	PILATES COMBO Intermediate 7:30pm - 9:00pm Cathy			
PILATES COMBO Intermediate 8:00pm - 9:30pm Linda	SECOND WIND YOGA 7:30pm - 9:00pm Yuka					

2012 WINTER SESSION: Monday January 9th - Monday April 16th (12 /13 weeks)

Class Length: 90 minutes (12 weeks)

Fee: \$396.00 + HST

Class Length: 60 minutes (12 weeks)

Fee: \$336.00 + HST

Class Length: 90 minutes (13 weeks)

Fee: \$429.00 + HST

Class Length: 60 minutes (13 weeks)

Fee: \$364.00 + HST

CLASS DESCRIPTIONS

PILATES COMBO combines Mat & Reformer training throughout the 90 minutes. Designed to increase the effectiveness of your time commitment at the studio, exercises are performed on the Pilates equipment to strengthen arms, core, legs and spine facilitating a thorough grasp of the range and power of this technique.

PILATES MAT covers the beginner, intermediate, and advanced exercises of the Pilates mat syllabus as supported by the ground work of Integrated Movement Therapy (IMT). Students increase body awareness, breath coordination, core stability, proper spinal mobility and strength as the foundation for functional movement.

PILATES + YOGA explores the relationship between Pilates & Yoga in terms of how students can use these complementary approaches to ultimately deepen mind-body fitness and health. The similarities and differences between both systems are underscored by interconnecting select Pilates and Yoga exercises that parallel each other in terms of outer form and inner technique.

SECOND WIND® YOGA classes combine elements of Hatha & Ashtanga Yoga that synchronize breathing and movement with emphasis on alignment, vitality, core strength and flexibility. They address postural imbalances and muscular tightness or weakness in the pelvis, hips, spine & shoulders for balance fitness and healthy living. Yoga will help to connect you 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.

CHAIR YOGA is an exploration of yoga poses using the chair as a tool to both enhance and modify classical yoga poses. Geared towards all levels, the class is designed to facilitate length, strength, and alignment of the pelvis, shoulder girdle and spine. Chair Yoga will improve your ability to access your body more readily in all ways you want for Yoga and for life. Join two wonderful Second Wind teachers, Janet & Yuka, as they alternate teaching weeks to take you on a wonderful journey of recuperation, challenge and freedom of movement.

POWER PLUS actively builds the fitness components of Resistance, Strength and Balance into the classical Pilates work by adding props, weights, balls, and dynamic body weight coordination with the goal of increasing your overall endurance, lean muscular tone and POWER. Go Girl!

PILATES 4 KIDS! is a mixture of Pilates, Yoga, and expressive movement that invites kids to explore their physicality in a fun and safe environment. The class teaches coordination, strength, and self-knowledge through movement, preparing kids to grow into adults with good posture and physical confidence.

Studio Closures:

Family Day: Monday February 20th

March Break: Saturday March 10th to Sunday March 18th

Easter Weekend: Friday April 6th to Monday April 9th