



2008 FALL SESSION RATES

PILATES MAT Covers the fundamentals of the Pilates mat work. Students increase body awareness, breath coordination, activating core stability, proper spinal mobility and strength as the foundation for functional movement.	1 Hour 15 Minutes \$364.00 + GST or \$382.20 inclusive
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 spine facilitating a thorough grasp of the range and power of this technique.	1 Hour 30 Minutes \$416.00 + GST or \$436.80 inclusive
PILATES PLUS RESISTANCE Combines the core stability of Pilates mat training with the versatility of the Pilates Cadillac and Reformer. It will include Small Apparatus such as the Ball, Theraband and Free Weights. Learn how weight bearing infused by the magic of Pilates posture and technique, fundamentally improve your fitness and body composition in support healthy bones and trim bodies!	1 Hour 15 Minutes \$364.00 + GST or \$382.20 inclusive
ASHTANGA YOGA Is an active method of yoga developed by Shri K. Pattabhi Jois that synchronizes deep, rhythmic breathing with movement. With emphasis on precision and correct alignment, this class awakens vital life energy, strength and flexibility, and addresses postural imbalances and weakness towards enhanced fitness.	1 Hour 30 Minutes \$416.00 + GST or \$436.80 inclusive
HATHA YOGA Will help you connect to the flow of your breath and will allow you to skillfully listen to your body to enter deeply but gently, into the essence of your yoga practice with awareness and personal intelligence.	1 Hour 30 Minutes \$416.00 + GST or \$436.80 inclusive
RESTORATIVE PILATES Is for students looking for a stress reducing, rehabilitative class that addresses shoulder and hip restrictions, back tension, and spinal stiffness by exploring rehabilitative exercises from Pilates and IMT. You will discover conscious breathing, postural efficiency, and ease of movement, the foundation for a truly peaceful and stress-free life.	1 Hour 15 Minutes \$364.00 + GST or \$382.20 inclusive
PILATES PLUS 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.	1 Hour 30 Minutes \$416.00 + GST or \$436.80 inclusive

Second Wind Pilates Plus®

Experience precision, correct technique and deep focused training in small client-centered Pilates classes

13 - week session: Saturday September 13th – Monday December 15th, 2008
HOLIDAY CLOSINGS: SATURDAY OCTOBER 11TH – MONDAY OCTOBER 13TH

Please make checks payable to: Second Wind Pilates Plus. Post-dated for September 1st, 2008

Monday

COMBO Mat Plus Reformer	9:30am - 11:00am	Beginner	Meaghan O'Neill
	11:15am - 12:45pm	Intermediate II	Meaghan O'Neill
	6:15pm - 7:45pm	Intermediate I	Meaghan O'Neill
	7:45pm - 9:15pm	Intermediate II	Meaghan O'Neill
RESTORATIVE Pilates	1:30pm - 2:45pm		Sara Yamada-Johnson
ASHTANGA Yoga	9:30am - 11:00am	Level I	Simone Valere

Tuesday

COMBO Mat Plus Reformer	9:15am - 10:45am	Advanced	Sara Yamada-Johnson
	11:00am - 12:30pm	Advanced	Sara Yamada-Johnson
	12:30pm - 2:00pm	Intermediate	Elaine McGrath
	6:15pm - 7:45pm	Intermediate I	Marlene Hope
	8:00pm - 9:30pm	Beginner	Marlene Hope

Wednesday

COMBO Mat Plus Reformer	7:00am - 8:30am	Intermediate II	Meaghan O'Neill
	9:30am - 11:00am	Intermediate	Meaghan O'Neill
	11:00am - 12:30pm	Intermediate II	Sara Yamada-Johnson
	1:30pm - 3:00pm	Intermediate II	Janet Douris-Stringer
	6:15pm - 7:45pm	Intermediate II	Helen Holtham
HATHA Yoga	8:00pm - 9:30pm	Beginner	Helen Holtham

Thursday

PILATES PLUS YOGA	9:30am - 11:00am		Janet Douris-Stringer
COMBO Mat Plus Reformer	11:00am - 12:30pm	Beginner	Meaghan O'Neill
	6:15pm - 7:45pm	Intermediate I	Meaghan O'Neill
	7:45pm - 9:15pm	Intermediate I	Meaghan O'Neill

Friday

COMBO Mat Plus Reformer	9:30am - 11:00am	Intermediate II	Janet Douris-Stringer
	11:15am - 12:45pm	Intermediate II	Janet Douris-Stringer
ASHTANGA Yoga	9:30am - 11:00am	Level II	Simone Valere

Saturday

ASHTANGA Yoga	9:00am - 10:30am	Mixed Levels	Simone Valere
PILATES PLUS RESISTANCE	9:00am - 10:15am	Intermediate I	Marlene Hope
COMBO Mat Plus Reformer	10:30am - 12:00pm	Intermediate I	Marlene Hope

Sunday

COMBO Mat Plus Reformer	9:00am - 10:30am	Intermediate II	Meaghan O'Neill
	10:30am - 12:00pm	Intermediate	Meaghan O'Neill
Pilates MAT	12:15pm - 1:30pm	Intermediate I	Meaghan O'Neill