



2008 SPRING SESSION RATES

PILATES MAT Our beginner class covers the fundamentals of the Pilates mat work upon which the entire Pilates method is built. The intermediate and advanced classes progressively move towards the more challenging exercises of the repertoire, deepening abdominal and back strength, movement control, and shoulder and pelvic stability and mobility. Students increase body awareness, breath coordination, activating core stability, proper spinal mobility and strength as the foundation for functional movement.

1 Hour 15 Minutes
\$280.00 + GST or
\$294.00 inclusive

COMBO MAT PLUS REFORMER This class combines 45 minutes of mat training with 45 minutes of Reformer training, designed to increase the effectiveness of your training and 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
\$320.00 + GST or
\$336.00 inclusive

ASHTANGA YOGA Simone's class 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
\$320.00 + GST or
\$336.00 inclusive

HATHA YOGA Janet's class will help you connect with the flow of your breath and skillful listening to your body to enter deeply but gently, into the essence of your yoga practice with awareness and personal intelligence.

1 Hour 30 Minutes
\$320.00 + GST or
\$336.00 inclusive

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

10 - week session: Saturday April 12th – Monday June 23rd 2008

HOLIDAY CLOSINGS: SATURDAY MAY 17TH – MONDAY MAY 19TH

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

Monday

COMBO Mat Plus Reformer	11:15am - 12:45pm	Intermediate I	Meaghan O'Neill
	6:15pm - 7:45pm 8:00pm - 9:30pm	Intermediate I Intermediate II	Fahmida Bhabha Fahmida Bhabha
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
	1:30pm - 3:00pm	Beginner	Elaine McGrath
	6:15pm - 7:45pm	Intermediate I	Marlene Storey-Hope

Wednesday

COMBO Mat Plus Reformer	7:00am - 8:30am	Intermediate	Meaghan O'Neill
	9:15am - 10:45am	Beginner	Meaghan O'Neill
	11:00am - 12:30pm	Intermediate II	Sara Yamada-Johnson
	1:30pm - 3:00pm	Intermediate I	Janet Douris-Stringer
	6:30pm - 8:00pm	Intermediate II	Janet Douris-Stringer
	7:15pm - 8:45pm	Beginner	Helen Holtham
HATHA Yoga	8:15pm - 9:45pm		Janet Douris-Stringer

Thursday

COMBO Mat Plus Reformer	9:00am - 10:30am	Intermediate	Danielle Bélec-van Zeyl
	9:45am - 11:15am	Beginner/Intermediate	Sara Yamada-Johnson
EQUIPMENT CIRCUIT Training	1:30pm - 3:00pm	Intermediate II (Instructors only)	Danielle Bélec-van Zeyl
COMBO Mat Plus Reformer	6:15pm - 7:45pm	Intermediate I	Meaghan O'Neill
	8:00pm - 9:30pm	Intermediate I	Meaghan O'Neill

Friday

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

Saturday

ASHTANGA Yoga	9:00am - 10:30am	Mixed Levels	Simone Valere
COMBO Mat Plus Reformer	10:30am - 12:00pm	Intermediate I	Meaghan O'Neill

Sunday

COMBO Mat Plus Reformer	9:15am - 10:45am	Intermediate II	Meaghan O'Neill
Pilates MAT	11:00am - 12:15pm	Intermediate I	Meaghan O'Neill