



SPRING SESSION 2009 - 10 WEEKS

SATURDAY APRIL 18 - MONDAY JUNE 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ashtanga Yoga 9:30am - 11:00am Simone	Mat/Reformer Combo - Adv. 9:30am - 11:00am Heather	Mat/Reformer Combo - Inter.II 7:00am - 8:30am Meaghan	Mat/Reformer Combo - Inter.I 7:00am - 8:30am Meaghan	Mat/Reformer Combo - Inter.II 9:30am - 11:00am Janet	Ashtanga Yoga 9:00am - 10:30am Simone	Mat/Reformer Combo - Inter.II 9:00am - 10:30am Meaghan
Mat/Reformer Combo - Inter.II 11:15am - 12:45pm Meaghan	Mat/Reformer Combo - Adv. 11:15am - 12:45pm Heather	Mat/Reformer Combo - Inter. 9:30am - 11:00am Meaghan	Mat/Reformer Combo - Inter.I 9:30am - 11:00am Meaghan	Ashtanga Yoga 9:30am - 11:00am Simone	Mat/Reformer Combo - Inter. 9:00am - 10:30am Marlene	Mat/Reformer Combo - Inter.II 10:30am - 12:00pm Meaghan
Mat Beginner 12:00pm - 1:30pm Rosanna	Mat/Reformer Combo - Inter.I 12:45pm - 2:15pm Elaine	Mat/Reformer Combo - Inter.II 11:15am - 12:45pm Meaghan	Pilates + Yoga 9:30am - 11:00am Janet	Pilates + Yoga 11:15am - 12:45pm Janet	Mat/Reformer Combo - Inter.II 10:45am - 12:15pm Marlene	
		Mat/Reformer Combo - Beg. 1:30am - 3:00pm Kathy	Mat/Reformer Combo - Inter.I 11:15am - 12:45pm Janet	Restorative Yoga 1:00pm - 2:30pm Ingrid		
Mat/Reformer Combo - Inter.I 6:15pm - 7:45pm Meaghan	Mat/Reformer Combo - Inter.I 6:15pm - 7:45pm Marlene	Mat/Reformer Combo - Inter.I 6:15pm - 7:45pm Helen	Mat/Reformer Combo - Beg/Inter 6:15pm - 7:45pm Kate			
Mat/Reformer Combo - Inter. 8:00pm - 9:30pm Meaghan	Restorative Yoga 7:15pm - 8:45pm Yuka	Mat/Reformer Combo - Inter.I 8:00pm - 9:30pm Helen	Mat/Reformer Combo - Beg. 8:00pm - 9:30pm Kate			
		Hatha Yoga 8:00pm - 9:30pm Janet				

2009 SPRING Session: Saturday April 18 - Monday June 29 (10 Weeks)

Class Length: 1 1/2 Hours

Class Fee: \$330.00 + GST (\$346.50 tax incl.)

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 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.

HATHA YOGA Will help you connect to the flow of your breath and teaches you to skillfully listen to your body in order to enter deeply into the essence of your yoga practice with awareness and personal intelligence.

RESTORATIVE YOGA Focuses on gentle restorative poses that open the hips and lengthen the spine. With the support of bolsters, blocks, straps and blankets, these yoga stretches assist the release physical and emotional tension, reducing postural pain and stress. Restorative yoga complements other physical activities improving the body's ability to recuperate and maintain balance.

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.

PILATES MAT/IMT 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.

****PLEASE NOTE STUDIO CLOSURES:**

VICTORIA DAY LONG WEEKEND (SATURDAY MAY 16 - MONDAY MAY 18)

Please make checks payable to: Second Wind Pilates Plus - Post-dated for April 1st, 2009