



2008 SUMMER SESSION RATES

PILATES MAT Covers the fundamentals of the Pilates mat work progressively moving towards the more challenging core exercises of the repertoire. The mat work focuses on postural alignment, deep abdominal and back strength, movement control and coordination as the foundation for functional movement, students improve core strength, body awareness, breath coordination, and flexibility.

1 Hour 15 Minutes
\$196.00 + GST or
\$205.80 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
\$224.00 + GST or
\$235.20 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 30 Minutes
\$224.00 + GST or
\$235.20 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 for enhanced fitness.

1 Hour 30 Minutes
\$224.00 + GST or
\$235.20 inclusive

HATHA YOGA Will help you connect the flow of your breath and will allow you to skillfully listen to your body to enter deeply and gently, into the essence of your yoga practice with awareness and personal intelligence.

1 Hour 30 Minutes
\$224.00 + GST or
\$235.20 inclusive

MEDITATION Join us as we sit quietly with one's self and breathe in order to learn how to quiet your mind and body towards living a more mindful and conscious life. We meet as a group because it is harder to create this habit alone. Drop in for the hour or part of it as schedules permit.

By Donation for a
local Charity (\$5-
\$10 per visit)

Second Wind Pilates Plus®

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

7 - week session: Saturday July 5th – Monday August 25th, 2008

HOLIDAY CLOSINGS: SATURDAY AUGUST 2ND – MONDAY AUGUST 4TH

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

Monday

MEDITATION By Donation	8:00am - 9:00am	Open Sitting	No Instruction
COMBO Mat Plus Reformer	9:30am - 11:00am 11:15am - 12:45pm	Beginner Intermediate II	Meaghan O'Neill 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 11:00am - 12:30pm	Advanced Advanced	Sara Yamada-Johnson Sara Yamada-Johnson
	6:15pm - 7:45pm 7:45pm - 9:15pm	Intermediate I Beginner/Intermediate	Meaghan O'Neill Meaghan O'Neill

Wednesday

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

Thursday

COMBO Mat Plus Reformer	9:15am - 10:45am 11:00am - 12:30am	Beginner/Intermediate Intermediate I	Sara Yamada-Johnson Meaghan O'Neill
	6:15pm - 7:45pm 7:45pm - 9:15pm	Intermediate I Beginner/Intermediate	Meaghan O'Neill Meaghan O'Neill

Friday

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

Saturday

ASHTANGA Yoga	9:00am - 10:30am	Mixed Levels	Simone Valere
PILATES PLUS RESISTANCE	10:00am - 11:30pm	Intermediate I	Marlene Hope

Sunday

COMBO Mat Plus Reformer	9:30am - 11:00am	Intermediate II	Meaghan O'Neill
Pilates MAT	11:15am - 12:30pm	Intermediate I	Meaghan O'Neill