



2008 WINTER 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
\$336.00 + GST or
\$352.80 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
\$384.00 + GST or
\$403.20 inclusive
(8/week \$256.00 +
GST or \$268.80)

PILATES PLUS® RESISTANCE This class combines the core stability of Mat work with resistance training as activated through small apparatus, weights and select unstable surfaces that challenge core strength, coordination and postural integration. Learn how weight-bearing exercises performed with proper form and technique as infused by the magic of Pilates fundamentally improve your fitness level

1 Hour 15 Minutes
\$336.00 + GST or
\$352.80 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. *Note Tuesday lunch class: 1 ¼ hours only (\$356.16 inclusive)*

1 Hour 30 Minutes
\$384.00 + GST or
\$403.20 inclusive
(6/week \$192.00 +
GST or \$201.60)

ANUSARA-INSPIRED™ YOGA Marinella's class is geared to all levels emphasizing hip openers, sun salutations, standing and sitting poses, and twists. Explore the Anusara pulsing action, known as Spanda, to enliven your mind, body and spirit.

1 Hour 30 Minutes
\$384.00 + GST or
\$403.20 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
\$384.00 + GST or
\$403.20 inclusive

Second Wind Pilates Plus®

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

12 - week session: Monday January 5th – Monday April 7th, 2008

HOLIDAY CLOSINGS: MONDAY MARCH 10TH – SUNDAY MARCH 16TH & FRIDAY MARCH 21ST – MONDAY MARCH 24TH

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

Monday

COMBO Mat Plus Reformer	8:45am - 10:15am 11:00am - 12:30pm 6:15pm - 7:45pm 8:00pm - 9:30pm	Intermediate I Intermediate II Intermediate I Intermediate II	Sara Yamada Sara Yamada Fahmida Bhabha Fahmida Bhabha
Pilates MAT	6:30pm - 7:15pm	Beginner	Elaine McGrath
ANUSARA - Inspired™ Yoga	9:30am - 11:00am		Marinella Nesso

Tuesday

COMBO Mat Plus Reformer	9:15am - 10:45am 11:00am - 12:30pm 6:15pm - 7:45pm 8:00pm - 9:30pm	Advanced Advanced Intermediate I Intermediate I	Sara/Danielle Sara/Danielle Fahmida Bhabha Fahmida Bhabha
ASHTANGA Yoga	12:45pm - 2:00pm		Simone Valere
ANUSARA - Inspired™ Yoga	7:30pm - 9:00pm		Marinella Nesso

Wednesday

COMBO Mat Plus Reformer	7:00am - 8:30am 9:15am - 10:45am 11:00am - 12:30pm 1:30pm - 3:00pm 6:30pm - 8:00pm 7:15pm - 8:45pm	8 week course Advanced Intermediate II Intermediate I Intermediate II Beginner	Danielle van Zeyl Sara Yamada Sara Yamada Janet Douris-Stringer Janet Douris-Stringer Marlene Hope
HATHA Yoga	8:00pm - 9:30pm		Janet Douris-Stringer

Thursday

COMBO Mat Plus Reformer	8:00am - 9:30am 11:00am - 12:30pm 6:15pm - 7:45pm 8:00pm - 9:30pm	Intermediate II Beginner Intermediate II Beginner	Fahmida Bhabha Fahmida Bhabha Helen Holtham Helen Holtham
Pilates Plus ® RESISTANCE	9:45am - 11:00am		Fahmida Bhabha

Friday

COMBO Mat Plus Reformer	9:30am - 11 :00am 11:00am - 12:30pm	Intermediate II Intermediate I	Janet Douris-Stringer Janet Douris-Stringer
ASHTANGA Yoga	9:15am - 10:45am		Simone Valere

Saturday

ASHTANGA Yoga	9:00am - 10:30am	6 week course	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