



Winter 2011 Class Schedule **effective January 4, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:55am Stronger & Leaner Reformer Level 2 (Cecilia)					
9:00-9:55am Stronger & Leaner Reformer Level 2 (Cecilia)	9:00-9:55am Sculpt & Tone Reformer Level 1 (Cecilia)	9:00-9:55am Sculpt & Tone Reformer Level 1 (Cecilia)	9:00-9:55am NEW Pilates Bootcamp Reformer Level 2 (Cecilia)	9:00am-9:55am Stronger & Leaner Reformer Level 2 (Cecilia)	
10:15-11:10am NEW Pilates Bootcamp Reformer Level 2 (Cecilia)	10:15-11:10am For a Bikini Body Reformer Jumpboard Interval Training (not for beginners)				
6:30-7:25pm Sculpt & Tone Reformer Level 1 (Cecilia)	6:00pm-6:55pm Gentle for your Body Mat Work Level 1	6:00-6:45pm ZUMBA (Vanessa)	6:30-7:25pm Sculpt & Tone Reformer Level 1 & 2 (Cecilia)		
	7:15-8:10pm Your Pilates Body Mat Class Levels 1 & 2 (Cecilia)				

Matwork - Pilates	(Cecilia)	\$144+HST
Reformer - Pilates	(Cecilia)	\$160+HST
Zumba	(Vanessa)	\$176+HST

Please call to inquire about Drop-In classes

Don't know which class is right for you? Wondering what classes are like? Have more questions? Call 416.486.6662 or feel free to come in and ask at the front desk!