

Body Essentials Pilates Classes

6:00 - 7:00 pm - 12 weeks

MONDAYS – September 9th – December 9th, 2019

NO Classes – October 14th (Thanksgiving) or October 31st (Halloween)

November 11th or November 14th (Vacation)

THURSDAYS – September 12th – December 12th, 2019

Pilates/Yoga Infusion Beginner with Options for Progressing Challenge

Classes are pilates based for core strength and helping improve proper joint mechanics (eg the spine, knees, hips shoulders, ankles) which are often faulty from daily stress, strain or injury. Add to this, some wonderful Hatha Yoga to balance out this class concept and some myofascial release on the foam roller to stretch out those restrictions. Various small apparatus is used to create a dynamic variety of movement & experience (belts, flex bands, small balls, stability balls, stability cushions, rings, rotational discs, resistance bands, foam rollers, gliding discs, etc.)

FALL SPECIAL: Sign up Bringing 1 new friend to session:

You Pay \$12.00 for 1 class/wk or \$11./class for 2 classes/wk

Sign up Bringing 2 new friends to session:

You Pay \$11.00 for 1 class/wk or \$10./class for 2 classes/wk

**** Friend pays regular fees for their first session; then eligible for any future specials offers.**

Fees

1 class/wk \$13. X 12 wks = \$176.28 (HST in)

2 classes/wk \$12. X 12 wks = \$325.44 (HST in)

DROP-IN \$22.60 (HST in)

****Any missed classes must be made up during current session unless other arrangements have been made.**

CLASSES HELD AT: PCVS, 201 McDonnel St (at George St) – Parking in East Lot and enter through the doors with the stairs going up into building. Go along main hallway and through sets of doors until you see hallway on left. Turn left down to end of hallway to Meditation Room. **If Main Door Locked... there is another door to the left by the basketball court...will need to go up the stairs and across to meet up with the main hallway).

PAYMENTS:

1) Cash or Cheques: 6 Bayleaf Court, Peterborough, ON K9K 1A3 (no cash in mail, in person only please; cheques made out to: Body Essentials Massage

2) E-Transfer: bodyessentials1998@gmail.com

3) Credit Card: Visa, M/C, Amex (pls add 2.75%)

4) Gift Certificates Available!!

Private One on One Sessions Pilates Reformer and Stability Chair - \$80/hr Multi Pack Pricing available.... Only at: 6 Bayleaf Court

Angela Hill, RMT, RCRT, RYT, FIS, Cert Pilates Mat + Large Equipment

bodyessentials1998@gmail.com 6 Bayleaf Court, Peterborough, ON K9K 1A3

PHONE: 705-749-5856 CELL: 705-927-4523 (texting)