

## **BODY ESSENTIALS Pilates Classes 6:00 - 7:00 pm - 12 weeks**

**MONDAYS – Jan 6 - Apr 27, 2020 NO CLASSES Feb 17, 24, Mar 16, Apr 13, 20**  
**THURSDAYS - Jan 9- Apr 30, 2020 NO CLASSES Feb 20, 27, Mar 19, Apr 16, 23**

### **NEW -Yoga Tune Up Balls!! No More need to Foam Roller to Myofascial Release....GET THE RELEASE WITH EASE!!!**

#### **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.)

#### **WINTER PROMO : 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 future specials.**

#### **Regular Fees Before Discounts**

**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)**

**\*\*Missed classes to be made up in current session unless arrangements have been made.**

**CLASSES HELD AT: PCVS, 201 McDonnell 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](mailto: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](mailto:bodyessentials1998@gmail.com)**

**6 Bayleaf Court, Peterborough, ON K9K 1A3 PHONE: 705-749-5856**

**CELL: 705-927-4523 (texting) PLEASE text any classes you cannot attend!**