

THE ART OF FITNESS!

~ PILATES (MAT, APPARATUS, REFORMER) & SPIN CYCLE ~

General Public Class Options

Reformer Classes

Monday's	6:00-7:00 a.m	Total Strength Challenge
Monday's	9:30-10:30 a.m	Posture Strength & Length
Wednesday's	7:00-8:00 a.m	Range of Motion Stretch
Thursday's	7:00-8:00 p.m	Posture Strength & Length

Mat Classes

Monday's	6:30-7:30 p.m	Synchronized Swim Strength
Tuesday's	5:30-6:30 p.m	Small Apparatus Strength

Spin Classes

Monday's	7:00-8:00 p.m	Endurance Strength Ride
Tuesday's	6:00-6:45 a.m	Spin, Sprint and Climb
Wednesday's	7:00-7:45 p.m	Spin Fundamentals
Friday's	6:00-6:45 a.m	Heart Rate Challenge

PRICES

REGISTERED PARTICIPANTS

Reformer Classes

\$25.00 *(\$21.50) +gst

MAT Classes

\$18.50 *(17.00) +gst

Spin Class (60 min)

\$16.00 *(14.00) +gst

Spin Class (45 min)

\$14.00 *(\$12.00) +gst

PARTICIPANT'S REGISTRATION COMPLETE UPON PAYMENT OF ENROLLED WEEKS. DISCOUNT AVAILABLE WHEN ENROLLED IN TWO OR MORE CLASSES PER WEEK.

Winter 2010 Sessions:

Start Date:

The week of January 4th 2010

End Date:

The week of March 29th 2010

(13 weeks total)

Classes Cancelled:

Family Day Monday February
15th 2010

We can organize other classes as well, so contact us if there is a time that you prefer!

We are located at RIM Park

REGISTER AT: pilates.revolutionized@gmail.com or call (519)503-3635.