



TSAWWASSEN WELLNESS CENTRE

Class Schedule July 2—August 30, 2013

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:30 am		Pilates I 60+ AJ	Pilates I—AJ	Yoga Stretch 8:15-9:15 JB	Pilates I—AJ	Pilates I—JB	
9:30-10:30 am	Pilates I—PT	Pilates 2/3—LM	Pilates I—AJ	Pilates 3—AJ	Workout with Anne NEW!	Pilates I—JB	
10:30-11:30 am		Workout with Linda NEW!	Pilates for Osteoporosis NEW!	Pilates I for 60+ - AJ	Pilates I for 60+ AJ	Pilates 2—JB 10:45-11:45	
11:30-12:30 pm	Pilates 2 & Stretch 11:30-12:45 LM		Pilates I—LM				
1:00-2:00 pm	Pilates I—JB	Pilates Beg 60+ - AJ		Pilates I—LM	Power Pilates 1:30-2:30 LM		
2:00-3:00 pm							
4:00-5:00 pm		Pilates I—JB 4:30-5:30	Pilates I—LM				
5:00-6:00 pm	Pilates 2_AJ	Power Pilates 2— JB 5:30-6:30					
6:00-7:00 pm	Pilates 3—AJ	Pilates 2—JB 6:30-7:30	Pilates I-BS	Pilates 2—JB			
7:00-8:00 pm		Yoga Stretch—JB 7:30-8:30					

- The schedule above is subject to change based on enrollment and client requests .
- One-on-one Instruction sessions are scheduled from 6:00am—8:00 pm Monday—Friday and 8:00am-5:00 pm Saturdays.. Maximum of 5 clients/class. A minimum of 3 registrations are required for a class to run.
- Instructors are subject to change without notice.
- Make-ups are based on class availability. Make-ups are NOT guaranteed, but we will do our best to help you fit them in.
- Make-ups expire at the end of each fiscal year and therefore must be made up by December 31, 2013.
- Early cancellations are cancellations done during business hours by the day before your class at the latest. This gives an opportunity for clients on the waiting list to be notified.
- Late cancels (“no shows” or cancellations on the day of your class) will be counted as attended.
- Please arrive to class on time. Students will not be permitted into class after 10 minutes of the class starting.
- Cell phones must be turned off. If you are expecting an important call. Please leave your phone with the front desk.

604.943.8823 · www.twconline.ca · 5514 12th Ave, Tsawwassen, BC

FRONT DESK AND PROELLIXE HOURS:

MONDAY—THURSDAY—8:00 am—7:00 pm; FRIDAY 8:00 am—6:00 pm; SATURDAY 9:00

CLASS DESCRIPTIONS

NEW CLIENTS

All new clients begin with our Jumpstart Program. With a savings of over \$60, you will receive the perfect start to your Pilates journey.

1. 3 Pilates one-on-one sessions
2. Postural and Functional Assessment/Body Composition, Blood pressure
3. 6 sessions on Total Body Vibration machine

After your 3 sessions, you and your instructor will be able to determine the best class for you. Most clients who wish to enter a class will go into our Pilates Beginner class. However, athletes, individuals who have done Pilates before or those dealing with injuries may be recommended to a different level or to continue with privates.

RESTORATIVE PILATES

A gentle stretching and strengthening Pilates program designed to restore posture and function without stress or overworking. Focus on breath, balance, posture and alignment. Perfect for those returning to exercise, living with chronic pain such as fibromyalgia, chronic fatigue or illness.

PILATES BEGINNER

After completing your Jumpstart program, enter into this class with others who are also new to Pilates.

PILATES FOR OSTEOPOROSIS

Exercising safely with Osteoporosis is critical to building strength, bone density and improving balance while recognizing the movement parameters associated with osteoporosis.

PILATES 60+

Pilates is a perfect form of exercise for older adults. It is smooth and easy on the joints, focuses on breathing and quality-controlled movements. Strengthen postural muscles for back health. Improve core strength, leg strength, balance and agility. Increase your confidence with a strong, able body. Great for your golf game!

WORKOUT WITH _____ (YOUR INSTRUCTOR)

Experience a fun and lively class. Workout with your instructor. Enjoy the challenge of watching your instructor maximize each exercise while cueing you to join along. Pre-requisite: experience Pilates I level. Must be able to manage own body and willing to change own springs.

PILATES I

For individuals who have completed the Pilates Beginner class or have been recommended by their instructor to move into the next level.

PILATES 2

A strong class that combines all aspects of a Pilates Practice. Enjoy variety and challenge in this progressive class. *Clients will be guided into classes with similar levels of experience and needs.

PILATES 3

Be ready to learn intermediate and advanced Pilates exercises at a faster pace. Enjoy variety and challenge in this progressive class. *Clients will be guided into classes with similar levels of experience and needs.

POWER PILATES

A more athletic based class taking your basic Pilates exercises and making them stronger. No fancy stuff here. Just clean and simple exercises done with strength and power. Caution: you may work up a bit of a sweat in this class. This class is not appropriate for anyone with limiting injuries.

YOGA INFUSED STRETCH —NEW!

Enjoy all of your favorite stretches on the Pilates equipment, then finish with pure yoga and then relaxation. Bliss!

SPORTS CONDITIONING AND POST-INJURY REHABILITATION

Equestrian, Golf, Racquet Sports, Running, Cycling, Swimming, Soccer, Triathletes, Rugby....

All of our programs provide superior conditioning for any sport as we address the proper function of the body. Call today for more information or to book a complimentary consultation.

PRICE LIST - effective July 2, 2013

South Delta's Premier Pilates, Fitness and Health Studio.

PRIVATE INSTRUCTION—all sessions 60 minutes	Price	* prices do not include GST
Jumpstart Package—3 privates/assessment/report & 6 vibration sessions—1 purchase per client	\$179 (SAVE \$90) (Duet Jumpstart—\$210—1 private for assessment; 3 duets; 6 TBV)	
Clinical Pilates for Rehabilitation— Tricia Prevost, PT	\$140 per hour /\$70 per 1/2 hour	
Private—1 session	\$ 75	
Private—5 sessions	\$350	
Private—10 sessions	\$650	
Private- 20 sessions (Inquire about our monthly payment plan!)	\$1200	
Duet - 1 session	\$ 55 per person	
Duet—5 session	\$262.50 per person	
Duet—10 sessions	\$500 per person	
Duet—20 sessions (Inquire about our monthly payment plan!)	\$900 per person	

GROUP PILATES - Maximum of 5 clients per class. **SUMMER SESSION—July 2-August 30—9 WEEKS** * Prices do not include GST
**add one private per month for only \$70 /month*
** add Total Body Vibration membership for only \$89 (save \$26 / month)*
 (check holiday closures below)

5 Class Drop-in Card	\$150	
1 Class/week (NB: Mon 11:30 is 1 hr 15 mins. Price is reflected of time.)	\$30/class	(Total price will be calculated at time
2 Classes/Week	\$29 / class	of registration. #
3 Classes/Week	\$28 / class	of classes added up for entire session)

- Family rates—combine your classes to receive the lowest price point per class. Price points are \$30/class for 1 class/week; \$29/class for 2 classes per week; \$28/class for 3 classes per week. Family member must register and pay at the same time.
- Holidays—no classes on Monday July 1; BC Day weekend Sat/Sun/Mon Aug 3,4, 5; Labor Day weekend Sat/Sun/Mon Aug 31, Sept 1,2

TRIGGER POINT BODYWORK / PHYSIOTHERAPY HEALTHY BACK * prices do not include GST

Trigger Point—1st Appointment—assessment and treatment	\$85
Trigger Point—1 hour appointment	\$70

Refund Policy: no refunds after the 2 week of classes unless accompanied by a medical note.

Make-ups are based on class availability. Make-ups are NOT guaranteed, but we will do our best to help you fit them in.

Make-ups can be carried over to the next session as make-ups **if you are registered for a class. Make-ups expire if you do not re-register.**

Early cancellations are cancellations done during business hours by the day before your class at the latest. This gives an opportunity for clients on the waiting list to be notified.



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