



# TSAWWASSEN WELLNESS CENTRE

## Class Schedule July 5—September 3, 2010.

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30:- 8:30 am							Sunday classes will return in September. We hope you can join us Saturday or during the week.
8:30-9:30 am		Pilates 2	Pilates I	Pilates Matwork All levels <b>NEW!</b>	Cardio-Core	Pilates 1	
9:30- 10:30 am	Pilates 1	Pilates 2	Pilates 1	Pilates 3	Pilates 2	Pilates 1	
10:30- 11:30 am	Intro to Pilates <b>NEW!</b>	Pilates 3	Stretch Work- out	Pilates 1	Pilates 2	Pilates 1 10:45-11:45	
11:30- 12:30 pm	Pilates for 60+ 11:45-12:45	Teen Pilates 13-17 years <b>NEW!</b>	Pilates for 60+ <b>NEW</b>	Teen Pilates 13-17 years <b>NEW!</b>	Healthy Back	Pilates 3 12:00—1:00	
1:00— 2:00 pm	Pilates 1		Pilates 1	Pilates 1	Power Pilates 2:00-3:00 pm	<b>No Saturday classes:</b> July 31 (BC Day long weekend) & September 1st (Labor Day long weekend)	<b>INSTRUCTORS</b> <b>AJ</b> —Anne Johnson <b>JB</b> —Jodi Butchart <b>LM</b> —Linda Mallard <b>PT</b> —Patricia Tufts
2:00-3:00 pm	Pilates 1						
4:00-5:00 pm		Pilates 1 4:30-5:30 pm		Pilates 1 4:30-5:30 pm	Pilates 1 4:30-5:30 pm		
5:00-6:00 pm	Pilates 1	Pilates for Men 5:30—6:30 pm	Healthy Back <b>NEW!</b>	Pilates 2 5:30-6:30 pm			
6:00-7:00 pm	Pilates 3	Pilates 1 6:30-7:30 pm	Pilates 1	Pilates 2 6:30-7:30 pm			
7:00-8:00 pm	Pilates 1		Pilates 1				

## Welcome to the Tsawwassen Wellness Centre.

The schedule above is subject to change based on enrollment and client requests . **Pre-registration runs from June 7—15th.**

New classes can be added at any time, so share your requests and we'll do our best to accommodate you.

- **PRIVATE INSTRUCTION**—private sessions are scheduled throughout the day & evening. Please contact the front desk to book your preferred time.
- Instructors subject to change without notice.
- **Can't make your class?** Early cancel a minimum of 24 hours prior to your class and schedule a make-up. Make-ups must be completed within the current session and are based on class availability. Make-ups are NOT guaranteed, but we will do our best to help you fit them in.
- Late cancels ( "no shows" or cancellations on the day of your class) will be counted as attended.
- **Note:** no classes on: Saturday July 31, Monday August 2nd and Saturday September 4th

### PROELLIXE AND STUDIO HOURS

**Monday—Thursday: 8:00 am—7:00 pm ● Friday: 8 am-6 pm ● Saturday: 9 am-1 pm**

# CLASS DESCRIPTIONS

## PILATES

### INTRODUCTION TO PILATES EQUIPMENT/PILATES FOR TEENS

New to Pilates or the Apparatus? Start with our Intro to Pilates—Group or Private and experience how Pilates can change the way your body looks, functions, and feels. Instructors are certified and experienced. This is where quality counts! Maximum 4 clients/class.

### PILATES MATWORK + PROPS

Gain strength and endurance. Combine Matwork exercises with the dynamic Gymstick, Bosu, flex band and stability ball to improve posture, core and back strength along with total body conditioning. Maximum 8 clients/class.

### 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! Maximum 4 clients/class.

### HEALTHY BACK

For clients who suffer from chronic back pain and who have been told they need to strengthen their “core”. Receive an assessment and movement recommendations from either our Physiotherapist or yours and then work with our Healthy Back Instructor 1-3x per week. The Physiotherapist and Healthy Back Instructor will work together to ensure your exercise program matches your personal needs. If you are under the care of a physiotherapist already, we can work with him/her to ensure streamlined care. Private Instruction only.

### PILATES 1

For individuals who have completed the Introduction to Pilates (group or private) and are ready to move into the next level. Maximum 4 clients/class.

### 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. Maximum 4 clients/class.

### POWER PILATES

Like Pilates 2, but using more athletic based exercises to challenge strength and power. If you enjoy clean, simple exercises that feel strong, then this is the class for you!

### CARDIO-CORE + PILATES

The best of both worlds! The 1st half of the class takes you through a cardiovascular workout to increase your heart rate and burn calories. While your heart rate is still elevated, you'll combine exercises involving strength and power and then flow into a beautiful Pilates workout. Max 4/class. (Cardio-Core + Pilates for Men—Max 6/class)

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## MIND-BODY FITNESS

### STRETCH WORKOUT—NEW!

Flexibility is related to how our body moves, how strong we can become and our metabolism. If muscle stiffness, limited range of motion affect your day, sleep, sport or energy, then this is a must attend class. This is a stretch **workout**. Leave feeling stretched, released from muscle tension and solid on your feet.

### STRETCH WORKOUT FOR TEENS—returning September 2010

Learn how to release tight muscles from sports or growth spurts. Stretching properly is important for pre-game warm-up and post-game cool-down. It can help prevent injuries and muscle soreness from activities or growing bones.

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## 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. By balancing your posture and increasing your strength, flexibility and range of motion, you will improve performance, decrease pain and enjoy your game or sport for years to come. Call today for more information or to book a complimentary consultation.

**TSAWWASSEN WELLNESS CENTRE**

**604.943.8823 • 5514 12TH AVE • WWW.TWCONLINE.CA**



## PRICE LIST JULY 5—SEPTEMBER 3

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

PRIVATE INSTRUCTION		Price * prices do not include HST
Introduction to Pilates—five—45 minutes privates		\$260
Jumpstart—3—60 minute privates/body comp & posture		\$179 *1 purchase per client.
Private—1 session		\$ 70
Private—5 sessions		\$325
Private—10 sessions		\$600
Private- 20 sessions		\$1100
Duet - 1 session		\$ 50 per person
Duet—5 session		\$237.50 per person
Duet—10 sessions		\$450 per person
Duet—20 sessions		\$800 per person
<b>GROUP PILATES/INTRO TO PILATES/CARDIO-CORE</b>		Tuesday—Friday classes = 9 weeks. Monday= 8 weeks
<i>* add one private per month for only \$60 (save \$10)</i>		Saturday classes = 7 weeks (no class July 31 and
<i>* add Total Body Vibration membership for only \$89 (save \$26 / month)</i>		September 4th) *prices do not include HST
1 Class/week		\$252 Saturdays: \$189 (7 classes—May set)
2 Classes per week - save 10%! (= 1 FREE CLASS!)		\$468 1 weekday + 1 Saturday class = \$416
3 Classes per week—save 14% (= 2 FREE CLASSES!)		\$675 (may pay in 2 installments—July and August)
Teen Pilates = book week to week—\$52/week		2 weekday + 1 Saturday class \$625.
NUTRITION / FITNESS TESTING / PHYSIOTHERAPY HEALTHY BACK		*prices do not include HST
Resting Metabolic Rate Testing		\$90
Cardiovascular Fitness Assessment		\$65
Postural Assessment and Home Core Exercise Program		\$95
Physiotherapy Healthy Back Assessment		\$165 (health insurance may cover expense. Inquire at front desk)

## SAVE WITH COMBINATION PACKAGES!

<p><b>ADD A PRIVATE AND SAVE!</b> Purchase any Pilates class package and add one or more privates per month for only \$60/private. (Save \$10 per session)</p>	<p><b>ADD TOTAL BODY VIBRATION AND SAVE!</b> Purchase any Pilates class package and add Total Body Vibration membership for only \$89/month. (Save \$26 per month!)</p>	<p>Did you know that when you commit to more than one class per week for a session, your cost per class goes down?</p>
<p><b>12 WEEK INTEGRATED WEIGHT LOSS &amp; LIFESTYLE PROGRAM</b> <b>*Best results. Save \$100.</b> For individuals who want to lose weight; increase energy; learn how to eat and enjoy whole primary foods and water that will nourish your body at a cellular level; develop a regular exercise regime that will invigorate and excite you.</p>	<p><b>NUTRITION—4 WEEKS TO GREATER HEALTH *Most popular.</b> For individuals wanting to learn how to eat and enjoy whole primary foods; increase energy; lose weight; and prevent risk of lifestyle/food related disease.</p>	<p><b>Not sure what's best for you?</b> Book a complimentary consultation to discuss your goals and interests and together we'll create a program just right for you!</p>



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